

Connect and Thrive

Commonwealth Psychosocial Support Program

Connect and Thrive Locations

Flourish Australia and Neami National provide Connect and Thrive across the central and eastern Sydney region. You can access support in the community and from multiple sites including:

- Surry Hills (Flourish Australia)
- Caringbah (Flourish Australia)
- Maroubra (Flourish Australia)
- Marrickville (Flourish Australia)
- Hurstville (Neami National)

Funded By



Connect and Thrive has been made possible through funding from the Central and Eastern Sydney Primary Health Network under the Commonwealth Psychosocial Support Program.



Where mental wellbeing thrives



Improving Mental Health and Wellbeing

To contact us about Connect and Thrive

Call us at 1300 779 270 or
Email us at hello@flourishaustralia.org.au

You can find more information at our website:
flourishaustralia.org.au



Complex mental health
and psychosocial
support for you



Where mental wellbeing thrives



Improving Mental Health and Wellbeing

About Connect and Thrive

Connect and Thrive is funded by the Central and Eastern Sydney PHN under the Commonwealth Psychosocial Support Program and provides free, short-term psychosocial support services for people living with a complex mental health challenge. The program is delivered by Flourish Australia in partnership with Neami National.

Connect and Thrive will assist you in your recovery journey by supporting you to increase your independence, learn new skills and feel more confident to work towards your goals.

Eligibility

You may be eligible for Connect and Thrive if you meet the following criteria:

You are living with a complex mental health challenge with reduced psychosocial functional capacity.

You do not currently receive NDIS supports.

You are not receiving other psychosocial supports that would duplicate this program.

You live within the central and eastern Sydney region.



Connecting can mean finding your place in community... or simply having someone to talk to

How To Refer

Anyone can make a referral to the Connect and Thrive program. You can refer yourself to the program. Family members and GPs can also make referrals.

No formal diagnoses or letters from medical professionals are needed. An eligibility assessment will be completed upon referral.

Referral link:
<https://phncesneamiws.redicase.com.au/#!/referral/create>

- Call us at **1300 779 270** or
- Email us at hello@flourishaustralia.org.au

Ways We Can Support You

We offer psychosocial services including one-on-one support with a mental health worker or peer worker.

Additionally we provide:

- A group program featuring social and recreational activities and events.
- Assistance to test your eligibility for psychosocial supports under the NDIS, along with support in the application process.
- Comprehensive support with employment, volunteering, education and training goals.

Our Approach

Our approach is person-led with an understanding of your connection to family, friends, and your community.

We work collaboratively with you, your family and carers, as well as other service providers, so that you enjoy fully-integrated support.

All services are recovery-focused and specific to your unique needs and situation.

We are committed to providing culturally appropriate and safe support.

Areas of Support

Psychosocial support is about building your capacity to achieve your recovery goals. This can include supporting you to connect with your community, link with services and health professionals, and participate in education and employment.



We can help you identify and work towards goals in a range of areas including:

- Growing your social skills and friendships.
- Building family connections.
- Managing day-to-day living needs.
- Financial management and budgeting.
- Finding and maintaining a home.
- Pursuing vocational skills and goals, including volunteering.
- Achieving educational and training goals.
- Maintaining physical activity and wellbeing
- Getting support to manage drug and alcohol addictions.
- Building broader life skills including confidence and resilience.