



# **Making Space**

# **About Making Space**

Making Space offers trauma informed, recovery focused support, to build skills and create a safe, comfortable home.

We offer comprehensive support to assist people struggling with compulsive acquiring behaviours (also known as hoarding). Through individualised support and guidance, we aim to boost your safety, and overall wellbeing.

Our focus is supporting you to reclaim the important spaces in your home, build life skills, confidence, and resilience, and empower you to make a little more space in your life.

## Who we support

We support adults living in the Sydney Local Health District. To check your area eligibility for the area map: Sydney Local Health District | Sydney Local Health District (nsw.gov.au))We specialise in psychosocial support that is respectful and tailored to your needs. Support will be for up to 6 months with some flexibility.

# How we support you

- Non-invasive initial assessment to best tailor supports to your needs
- Practical one on one support in your home
- Easy to digest information and education about compulsive acquiring
- Practical living skills
- Self-empowerment
- Case management in relation to compulsive acquiring
- Informal counselling
- Peer support group (Buried in treasures)

### **About Mission Australia**

Mission Australia is a community service organisation that helps people regain their independence and self-resilience through early learning and youth services, family support and homelessness initiatives, employment and skills development, and affordable housing.

Together we stand with Australians in need, until they can stand for themselves

#### **Contact us**

If you have any questions, please contact us at:

**p:** 02 8775 6100

e: makingspace@missionaustralia.com.au

Website: Making Space (missionaustralia.com.au)

Self-Referrals are highly encouraged: Making Space: Hoarding Program (cesphn.org.au)

### How to submit a referral

Anyone can make a referral to the Making Space program via our online referral form: <u>Making Space: Hoarding Program (cesphn.org.au)</u>

For any issues with submitting a referral follow the image guide below or feel free to contact our team on: (02) 8775 6100

1. Click 'Select Service Provider'



2. Tick Box



3. Click 'Send Referral'



4. Referral Sent Successfully

