



RECOVERY AND WELLNESS PROGRAM

The Recovery and Wellness Program delivers targeted wrap around individualised supports to adults for up to 12 months.

The program aims to assist those leaving hospital and/or living in the community to develop the skills and confidence to embark on their journey of recovery.

Footprints believes every recovery is a unique process and will work alongside the individual to achieve identified and meaningful goals through a strengths-based approach.

ELIGIBILITY

- Adults (aged 18 years and over)
- Referred by Queensland Health's Mental Health Service:
 - Inpatient Unit, or
 - Community Mental Health Team
- Residing in boarding houses, crisis accommodation and/or hostel
- Not receiving support through the NDIS.

PROGRAM SUPPORTS:



Personalised recovery goal planning



Improve physical and mental wellbeing



Enhance life skills



Increase community participation



Promotes independence and connections



Support to access appropriate and secure accommodation options



Access to intentional 1:1 peer supports



Access to Peer Based Groups (PBGS)

Please contact Footprints if you wish to speak to someone in our team.

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