

RECOVERY AND WELLNESS PROGRAM



The Recovery and Wellness Program consists of a team of Recovery Facilitators who specialise in supporting you in the community to achieve your goals and to live the life that you would like to live.

The program is delivered over 12 months and runs at a pace that will help you achieve your goals. It is 100% voluntary.

For more information, speak with your Queensland Health worker or reach out to us direct via the contact details listed on the back.

ELIGIBILITY

- Adults (aged 18 years and over)
- Referred by your Queensland Health's Mental Health worker from:
 - Inpatient Mental Health Wards, or
 - Community Mental Health Team
- Residing in boarding houses, hostels and/or crisis accommodation in the Brisbane Metro North or Metro South regions
- Not receiving support through the NDIS.



WE CAN SUPPORT YOU WITH:

- ✓ Accessing pathways to find appropriate long-term accommodation
 - ✓ Services Australia (Centrelink) applications and advocacy
 - ✓ Maintaining your mental and physical health
 - ✓ Accessing support from people with a lived experience of mental health challenges
 - ✓ Accessing community-based groups
 - ✓ Finding legal support
 - ✓ Discovering your community and organisations to support you
 - ✓ Accessing Peer Based Group Supports run by Footprints Community.
-

CONTACT US:

 1800 366 877

 07 3252 3688

 RWP@footprintscommunity.org.au
P.O. Box 735 New Farm QLD 4005

 www.footprintscommunity.org.au

STAY CONNECTED WITH US



*This program is supported by funding from
the Queensland Government.*