

# **Centacare NDIS Mental Health Services Psychosocial Recovery Coaches**



**Centacare**  
Catholic Family Services

# NDIS Recovery Coaching

Centacare's NDIS Recovery Coaches will support NDIS participants with a psychosocial disability (mental health) to live a full life and achieve their individual goals through recovery-orientated practice.

People will be assisted to take more control of their lives and to better manage complex challenges of day-to-day living.

## **Recovery Coaches can support participants;**

- Develop a recovery-enabling relationship
- Engagement with the NDIS
- Increase recovery skills and personal capacity, including motivation, strengths, resilience and decision-making
- Develop their recovery planning
- Help find, stay connected and manage supports of their choice

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