

ELIGIBILITY

The PHaMs program is open to those over 16 years experiencing a mental illness who would like support to manage daily activities, increase their social skills and live independently in the community.

Prior to joining the Personal Helpers and Mentors program, we will need to ask you some questions to see whether you are eligible for the program. You may invite a friend, carer or family member to this interview if you wish.

The PHaMs program is a self-referring program. You do not need a diagnosed mental illness to apply.

Those eligible for assistance must reside within the following areas:

Port Pirie & Districts
Barunga West
Copper Coast
Yorke Peninsula



Personal Helpers & Mentors

An Australian Government Initiative



First Floor, Flinders Arcade
Ellen Street, Port Pirie SA 5540

Phone: (08) 8633 9000
Fax: (08) 8632 2600
Email: Uniting.Care@ucwcsa.org.au



Personal Helpers and Mentors Program

Providing community support and social inclusion, to assist people with a mental illness in their recovery journey.

*Funded through the Australian Government
Department of Social Services (DSS)*

WHAT IS THE PERSONAL HELPERS AND MENTORS PROGRAM?

The Personal Helpers and Mentors program is designed to support people experiencing difficulties as a result of mental illness.

The program aims to help people gain skills and community links, and to make positive changes in their lives.

The program will help you to focus on your strengths, abilities and opportunities.

When you join the PHaMs program, you will receive your own Personal Helper and Mentor who will work closely with you on your recovery journey.



Personal Helpers
& Mentors

An Australian Government Initiative

The Personal Helpers and Mentors Program is a service provided by UnitingCare Wesley Country SA

WHAT DO PERSONAL HELPERS AND MENTORS DO?

Personal Helpers and Mentors encourage and support you to make goals and decisions, to gain confidence, independence and fulfillment and to develop positive relationships with others within the community.

Support may include :

- Working with you to gain skills in managing everyday tasks such as housekeeping, budgeting, or utilising public transport;
- Helping you to establish and maintain healthy connections with family and friends;
- Assisting you to receive the appropriate medical diagnosis and treatment;
- Helping you to become more confident in finding and participating in activities that interest you;
- Helping you to link with other services and agencies for related issues such as housing, financial problems, drug and alcohol dependency, medical conditions or parenting concerns.

UnitingCare Wesley Country SA STRENGTHS, RESILIENCE, RECOVERY

Like all UnitingCare Wesley Community Mental Health programs, PHaMs values are:

- Empowering people by focussing on **strengths**, increasing **resilience** and working towards **recovery**;
- The rights of a person with a mental illness to be treated with **dignity** and **respect**, to have their opinions valued and to make their own decisions;
- The rights of a person with a mental illness to have **choices** when participating in employment, education and recreation;

Looking at a person's life **holistically** (as a whole), rather than just focussing on their mental illness.

UnitingCare Wesley is a Child Safe Organisation and is committed to helping you feel and be safe when using our services.