



# recovery program

## at a glance

Recovery is about finding what works for you. Connection, purpose, meaning, hope: these mean different things for different people.

The team in our Recovery Program will work with you to find an activity of interest.

Options include:

- Groups
- Vocational
- Health and lifestyle
- Cognitive

## groups

The Groups Program caters for young people aged 16-25. Many people join because they feel isolated and would like to connect with others. Our weekly program offers the opportunity to enhance your coping or living skills, add routine to your week, or discover new interests!

There is something for everyone, including physical fitness, cooking, creativity and outings in nature. Between school terms, activities include tenpin bowling, galleries and arcades. We also love to mix the timetable up and try new things, so please let us know if you have ideas.

**“I enjoyed how inclusive it was and I enjoyed learning lots of useful information, some of which I have implemented into my life.”**

## vocational

Our vocational specialists can provide one-on-one support for all things work and study, including:

- Career counselling
- Course search (VTAC and SEAS, TAFE and short courses such as RSA/Barista)
- Pathways planning
- Job search coaching including: resume writing, cover letters and interview preparation

## health and lifestyle

How we feel physically is a big part of our overall health and wellbeing. Mood, sleep, stress, energy levels, healthy eating and physical activity are all important to everyday life. Our practice nurse and exercise physiologists will ask what matters to you and work with you to achieve your goals.

Our Exercise Physiologist can explore wonderful ways to get you moving in a gentle, supportive and safe way. They can provide general dietary advice.

Our practice nurse can help with quitting smoking, get up to date with vaccinations or discuss other healthcare needs.

## cognitive

Cognition is thinking skills such as memory, concentration and problem solving. A neuropsychologist can help you understand your individual strengths, and assist with building skills in areas you may find challenging.

## recovery program choices

Recovery in mental health is a process, a way of life, an attitude. It can be about regaining control, or reclaiming a sense of power, purpose and value, as well as living the life you want to lead. The Recovery Program provides a range of services to support you in this process.

There are many ways you can get involved in the program, because different approaches suit different people at different times. You will be able to choose the options that suit you or we can provide support with deciding what approach to take. The choice is yours.

## we'd like to hear from you

We value feedback on what we do. Please let us know if there is something we're not offering that you think would be helpful.

Members of the headspace Recovery Program work at the following headspace locations: Bentleigh, Dandenong, Elsternwick, Frankston and Narre Warren.

If you would like more information please contact the Recovery Team on **03 9076 9400**.

**"This program made me hopeful for the future, I can't explain how important it was, thank you."**



### headspace Bentleigh

973 Nepean Highway, Bentleigh VIC 3204  
Tel 03 9076 9400 Fax 03 9076 9444

### headspace Dandenong

211 Thomas Street, Dandenong VIC 3175  
Tel 1800 367 968 Fax 03 9793 4992

### headspace Elsternwick

319-321 Glen Huntly Road, Elsternwick VIC 3185  
Tel 03 9076 7500 Fax 03 9076 7599

### headspace Frankston

62 Playne Street, Frankston VIC 3199  
Tel 03 9769 6419 Fax 03 9770 5688

### headspace Narre Warren

Suite 1, 66 Victor Crescent, Narre Warren VIC 3805  
Tel 1800 367 968 Fax 03 8738 9888