

therapeutic support

What is therapeutic support?

- Up to 12 sessions.
- Work in collaboration with your worker to achieve wellbeing goals and address your mental health concerns.
- Working from models such as Cognitive Behaviour Therapy, Acceptance Commitment Therapy, and Dialectical Behaviour Therapy.
- Practice skills between sessions.
- Review progress every 3 months or 4 sessions with worker.

What can it support?

- Work on goals identified by you.
- Improve mental health and wellbeing.

What does it not support?

- Diagnostic assessment.
- Medical monitoring.
- Crisis intervention.
- Long term support.
- Prescriptions.
- Home visits.
- Court reports.
- One off sessions for support letters.

Family Inclusive Practice

- Where you are comfortable, and would be beneficial to your wellbeing, we encourage family and friends to be involved in your care.
- All involvement of family and friends is done with your privacy and confidentiality in mind.

Next steps

- Once a worker becomes available, they will contact you to arrange your first appointment.
- In periods of high demand, you will be placed on our waitlist and will receive regular check ins via call or text.

If you need immediate assistance, call 000, or to speak to someone urgently, please call: Lifeline 13 11 14, Kids Helpline 1800 55 1800, or Mental Health Triage 13 14 65.

