

## Central Office

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## MEDIA RELEASE

**Date: 8 July 2010**

**To: News Editor**

**From: UnitingCare West Contact – \_\_\_\_\_**

**Date/Time: Thursday 8 July 2.30pm**

### **UnitingCare West's Personal Helpers and Mentors (PHaMS) Turns One.**

Today, UnitingCare West PHaMS is celebrating its first year of service delivery in Perth's northern suburbs.

UnitingCare West's PHaMS service is guided by the organisation's vision of justice, hope and opportunity for all; its mission to support serve and empower those most in need, and its values of empathy, respect, inclusiveness, integrity and commitment. UnitingCare West PHaMS is committed to providing high quality recovery, strengths-based services for those people in our community who are living with a diagnosed mental illness.

The program is participant-focused & holistic and uses a strengths-based recovery model that aims to foster each individual's sense of hope & dignity & capacity for resilience.

PHaMS believes that finding and building on strengths is essential. It is our strengths and capacities that transform our lives. Elements of recovery include finding hope and a sense of self, having supportive relationships, social inclusion, and finding meaning. PHaMS aims to provide an environment where these are possible.

Participants of the service receive one-one-one support and assistance to plan and manage their lives. The service aims to build confidence and increase social connections within the community. Participants themselves have developed walking groups and art groups and have started a newsletter detailing their personal journeys and the service.

People aged 16 years and over, with a severe and persistent mental illness who live within the Scarborough, Joondalup & Clarkson areas are eligible for the service. Referral pathways include self-referral, carers, families, government or non-government mental health providers and other support services.

To access the service please contact Personal Helpers and Mentors Team Leaders:

Inner City Service Centre on 9220 1288 or

Merriwa Service Centre on 9206 6200

Personal Helpers and Mentors is funded by the Department of Family and Housing, Community Services & Indigenous Affairs as part of the federal government's commitment to mental health. PHaMS was developed following consultations with people living with mental illness, families and carers, clinical experts, mental health groups, and organisations that provide services and support to people with mental illness.