

## Eligibility

PHaMs is a self-referring program. Referrals can also be made by UnitingCare West's other programs and services, families and carers and other community service agencies, such as drug & alcohol support services, housing support services and clinical case managers.

UnitingCare West PHaMs is open to those over 16 years of age, who are experiencing mental health issues and would like support to manage daily activities and to live independently in the community. Involvement with a GP or mental health service or a formal diagnosis is not needed to apply.

Before joining PHaMs, we will need to ask some questions to establish eligibility. A friend, carer or relative may come along to this interview.

We work with participants in the Scarborough, Clarkson and Joondalup areas with the following postcodes:

**Scarborough:** 6017, 6018, 6019, 6020, 6029.

**Clarkson & Joondalup:** 6023, 6024, 6025, 6026, 6027, 6028, 6030, 6034, 6035, 6036, 6037, 6038.

## Contact UnitingCare West

### Scarborough

Unit 5 Aberdeen St, Perth WA 6004

Ph: (08) 9220 1288

Fx: (08) 9220 1277

### Clarkson & Joondalup

56 Baltimore Parade, Merriwa WA 6030

Ph: (08) 9206 6200

Fx: (08) 9206 6222

[www.unitingcarewest.org.au](http://www.unitingcarewest.org.au)

UnitingCare West is there for those most in need; providing a broad range of services and partnerships that build healthier, more resilient, and better connected communities. UnitingCare West is committed to achieving justice, hope and opportunity for all and works with people and communities so those in need can belong and thrive. It is a not-for-profit community services organisation and part of the mission of the Uniting Church in Australia.



Personal Helpers  
& Mentors Program

An Australian Government Initiative



This document is available in alternative formats upon request

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# PHaMs

## Personal Helpers and Mentors Program



Providing community support and social connection to assist people experiencing mental health issues in their recovery journey.

An NDIS registered provider

Justice, hope and opportunity for all



## What is Personal Helpers and Mentors Program?

The Personal Helpers & Mentors Program (PHaMs) is designed to support people experiencing difficulties as a result of mental illness, using a strengths-based recovery approach.

The program aims to help people to gain skills and community links and focuses on their strengths, abilities and opportunities.

When someone joins PHaMs, they will receive their own Personal Helper and Mentor, who will work closely with them on their recovery journey.

The program is funded through the Australian Government Department of Social Services.

## What does strengths-based recovery mean to us?

Empowering people by focusing on strengths and increasing resilience.

Recovery is the personal journey of self-discovery and healing.

The right 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 right of a person with a mental illness to have choices when participating in activities.

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

***Personal Helpers and Mentors can encourage and support you to make goals and decisions, gain confidence, independence and fulfilment, and to develop positive relationships with others in the community.***

## What do Personal Helpers and Mentors do?

Personal Helpers and Mentors can encourage and support participants to make goals and decisions, gain confidence, independence and fulfilment, and to develop positive relationships with others in the community.

### Support may include:

- Working to support recovery goals
- Helping establish and maintain healthy connections with family and friends
- Assisting to receive the appropriate services to aid recovery
- Helping to become more confident in finding and participating in activities of interest
- Helping to link with other services as needed

