



Personal Helpers and Mentors (PHaMs) Program

Helping people affected by mental illness.

PHaMs assists people affected by mental health issues with recovery and individual goal setting. We believe that people with mental illness can lead a fulfilled life and be a valued member of the community.

When you connect with PHaMs you will have your own worker who will support and assist you on your journey of recovery.

Our service is confidential and respectful of your needs, circumstances and culture.

Are you or others experiencing any of the following?

- Difficulty with daily activities.
- Anxiety, depression and social isolation; including withdrawal from family, friends, community activities, education and employment.
- Acting out of character and/or distressed.
- Difficulty with living independently.
- Difficulty with leaving the house.
- Seeing and hearing things that are not real.
- Feeling consistently sad.
- Afraid and mistrusting.

A PHaMs worker can assist you with:

- Creating individualised *goal plans* based on your strengths.
- Advocacy.
- Involvement in your community.
- Budgeting.
- Connections to other services available in your community.

Who can access PHaMs?

- Anyone aged 16 – 64 years.
- People who do have a formal diagnosis of mental illness.
- People who do not have a formal diagnosis of mental illness.

No shame or loss of face

There is no shame in working with PHaMs. Many PHaMs workers have personal experience with mental illness. We feel that everyone should have the opportunity to recover, live well with their mental illness, become healthy and strong and feel empowered to do so. PHaMs will provide you with support.

Respect

PHaMs workers are friendly, skilled and will:

- Be helpful, respectful and understanding.
- Be non-judgemental.
- Take time to get to know about you.
- Talk about what you want and need and how we can help you.
- Work with you at your pace to help you improve your life by setting goals and working through them.
- Respect your privacy and will only talk to people you agree we can talk to.
- Provide you with mental health information, education and assistance.



Need help?

To find out more about Nexus, please contact us on:

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info@nexusprimaryhealth.org.au

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