



Recovery Coaches

Our Recovery Coaches assist you to understand your experiences of well-being and distress and to map out the steps you want to take towards recovery; working with you to reach your goals and get the most out of your NDIS plan.

We have lived experience of mental illness and our own journey of recovery.

We are passionate about supporting you on your journey of recovery.

We can assist you to:

- Build your capacity toward achieving the outcomes you would like to
- Increase your participation in navigating life's challenges
- Manage daily living and decisions
- Make individual choices about skill development, social relationships and activities
- Engage with the NDIS about your recovery planning
- Collaborate with the broader system of supports
- Make financial decisions

Social Vitality Solution provides qualified Recovery Coaches throughout SA and VIC with support available for face-to-face, by phone or via zoom.

All Coaches are fully qualified, with a minimum of Certificate IV in Mental Health Peer Work or Certificate IV in Mental Health.

Get in Touch:

Contact our Customer Service Team on 0499 799 303 to find out more about how our Recovery Coaches can assist you.