

What is the recovery program?

The recovery program is an 8 week residential course of education, practical living skills, care coordination and support.



Who is the program for?

If you

- Have a mental illness
- Are 16 years or older
- Want to improve your quality of life
- Have some goals
- Are willing to participate in group and one to one activities

Then this is an opportunity for you!

How do I get accepted?

You can refer yourself or you can get assistance from a support organisation such as community mental health, PHAM's or your GP.

Call us on 59431800 if you want to have a tour or to get the required referral forms.



Wagga Wagga Sub-Acute Mental Health Unit
PO Box 159
Wagga Wagga NSW 2650

Telephone: 02 5943 1800
Fax: 02 5943 1805

Are you ready for recovery?

Recovery Program- Wagga Wagga Sub-Acute Mental Health Unit



Contact Us:

Telephone: 02 5943 1800



Health
Murrumbidgee
Local Health District

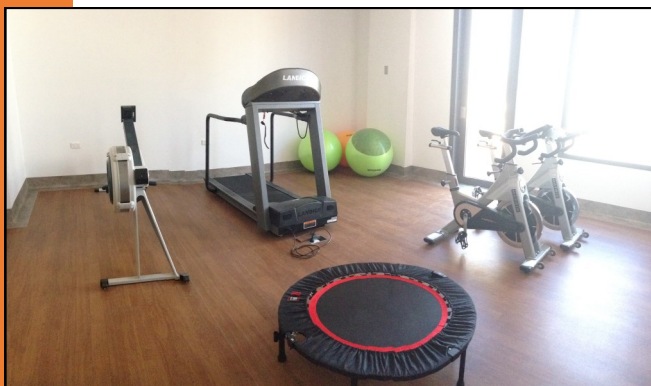
What are the facilities?

The recovery program is in the new mental health building at Wagga Base hospital. The unit is large, modern and comfortable.

All rooms are single and have ensuite bathrooms

There are male and female only areas.

There is a gym, relaxation room, kitchen, gardens and basketball court.



What To Expect

Length of stay

It is envisaged that consumers will experience a 6-8 week stay, however this is subject to individual recovery needs.

Program

A day program has been developed for consumers to participate in to assist in their recovery. This program allows for group activities as well as designated individual time the individual recovery support team to work on individual goals.

Visiting Hours

Family and carers are welcome to visit you during your stay. It is preferred for visitors to attend the unit outside of the program hours. Staff can advise of the most suitable times.

Leave

Consumers will have leave based on their level of well-being and recovery plan. Consumers with leave whilst staying in the sub-acute mental health unit are encouraged to utilise their leave at the conclusion of the day program.

Facilities

On the unit you will have access to a variety of facilities including; washing machines, iron, lounge area with television, kitchen, courtyards, gym, comfort rooms, activity area and telephone.

Useful Information

Sub-Acute Mental Health Unit:	02 5943 1800
ACCESSLINE	1800 800 944
Official Visitors	1800 208 218
Community Mental Health (Wagga Wagga)	02 6923 5700
Mental Health Information Service	1800 674 200
Sunflower House	02 6931 8770
Grow	1800 558 268
Carer Assist	02 6925 9399

Contact Us:

**Wagga Wagga Sub-Acute
Mental Health Unit
Yabtree Street
Wagga Wagga NSW 2650
Phone: 02 5943 1800**