

## What is the recovery program?

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



Consumer artwork—“Take the first step towards your Recovery”

## Who is it for?

### If you:

- Have a mental illness
- Are 16 years of age or older
- Want to improve your quality of life
- Have goals you are willing to work on daily
- Are willing to participate in group activities and meet daily with staff to discuss your goal progress

Then this is an opportunity for you!

## How do I refer?

You can refer yourself or you can get assistance from a support organisation such as the Community Mental Health Team, PHaMs or your GP.

Call us on **5943 1820** for a tour and to get the required referral forms.

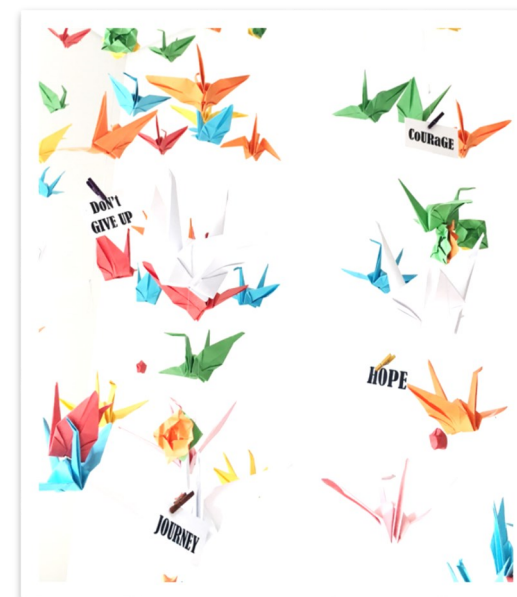
### Contact Us:

Wagga Wagga Mental  
Health Recovery Unit  
PO Box 159  
Wagga Wagga NSW 2650  
**Telephone:** 02 5943 1820  
**Fax:** 02 5943 1805

## Are you ready for recovery?

### Mental Health Recovery Unit

Murrumbidgee Local Health District



*The recovery unit celebrates the diversity and achievements of consumers. Our goal is to empower consumers to be leaders in their own recovery journey.*

### Contact Us:

Telephone: (02) 5943 1820



**Health**  
Murrumbidgee  
Local Health District

## What are the facilities?

The recovery program is based at the Mental Health Unit on level one, beside the new Wagga Wagga Rural Referral 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

The program is 8 weeks long. The program includes topics on the areas of Self-Esteem, Distress Tolerance, Cognitive Behavioral Therapy, Healthy Eating, Living Skills, Personal Recovery, Assertiveness, Managing Mental Health, Physical Health, Relationships, Social Anxiety, and Dialectical Behaviour Therapy.

The daily routine involves attending regular daily groups: exercise, educational groups, 1:1 work with staff, homework group, and relaxation.

Participants of the program are placed in control of their recovery journey throughout the program. Participants have an opportunity to arrange and run their own review meetings and write their own goals and reports.

The program expects a high standard of behavior from all consumers, staff and visitors.

The unit is staffed 24hrs by a mix of staff in the areas of peer support work, occupation therapy, nursing, psychology, psychiatry, social work, dietetics and rehab assistants.

Participants are welcome to bring their own belongings to the unit, including phones and linen. No alcohol or drugs are allowed.

## Home Away from Home

Participants are provided with a swipe card to come and go from the unit as they need to. Leave can be arranged with staff in the unit. Family, carers and community supports are welcome to visit participants during their stay. It is preferred for visitors to attend the unit outside of the program hours.

## Testimony

*“Absolutely amazing. I have found myself again. I am feeling empowered and equipped to face whatever life throws my way. I came in feeling worthless and unlovable and now I love who I am and understand that I need to put myself first, in order to be able to care for my children.”*

*(Recovery Unit Graduate, 2016)*