

Commonwealth Psychosocial Support

Mental health support with a focus on practical help and strategies for daily living.



visit online

ermha.org/cps

for a referral

 **1800 862 363**

talk to the Access & Referral Team



**Voice and
Choice
to Thrive**

This service is supported by funding from South Eastern Melbourne Primary Health Network through the Australian Government's PHN Program.

Mental Health Support in the Community



Individual coaching and group activities to help you manage daily living and reach your goals



Mental Health Support in the Community CPS

ermha365 provides mental health support services to people living with a mental illness in the south eastern region of Melbourne.



We assist people with practical help and strategies for daily living: at home, work or study, and in the community.

These supports are intended to address the needs of those not currently eligible for the NDIS.

What is Psychosocial Support?

Psychosocial support is any non-clinical intervention that helps a person cope with stressors in the home, at work, or in daily life.

Psychosocial support can assist people with severe mental illness to participate in their community, manage daily tasks, undertake work or study, find housing, get involved in activities, and make connections with family and friends.

Types of support

Psychosocial supports are specific to the person and their needs.

These can include support with:

- Daily living support
- Connecting with your community
- Emotional support
- Improving mental wellbeing and physical health
- Improving family relationships
- Managing money
- Support with drugs, alcohol, and smoking issues
- Housing services
- Developing work goals and accessing employment services
- Access to education and vocational training.

ermha365 delivers mental health support:

CPS program

This is a short term service to build psychosocial functional capacity to address individual needs, and complement clinical mental health and broader physical health and social support.

The focus is on building capacity and connectedness at times when most needed, rather than providing ongoing support. CPS services can be delivered through individual and group based interventions.

Who is eligible?

- Individuals living with a mental illness in the south eastern region of Melbourne
- are not currently accessing support under the NDIS
- are expected to benefit from the provision of psychosocial supports
- are not accessing community managed mental health services and/or EIPSR.



How can people be referred to a CPS program?

Individuals can refer themselves to the program, or with consent they can be referred by GPs and other clinicians, family and friends, or other workers assisting the individual.



To discuss the services on offer and how to access them, please phone the **ermha365 CPS team** on **1300 376 421**.



Referrals can be made by completing the referral form at **ermha.org/cps** or by contacting the **SEMPHN Access & Referral team** on **1800 862 363**.

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