



Safety

Your physical, emotional and cultural safety will be a priority at all sessions



Choice

You will have control over the supports you receive and your opinions will be heard every step of your recovery journey



Collaboration

You will share in all decision making and will be supported in making choices



Trustworthiness

Your dignity, integrity, and lived experience will be respected and supported by professional and caring therapists



Empowerment

Your recovery and healing will be the focus of all contact you have with your care team



This service is funded by

phn
SOUTH WESTERN
SYDNEY

An Australian Government Initiative

The Supporting Recovery Pilot Program is being delivered by CatholicCare Sydney and Anglicare Sydney.

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We would like to acknowledge the traditional custodians of the Deerubin, Dharawal, Dharug and Gandangara lands and waters on which we live and work and pay our respect to Elders both past and present.



supportingrecovery.org.au



Supporting
RECOVERY

From Family, Domestic and Sexual Violence





Supporting Recovery Mental Health is a new program providing access to ongoing, free trauma-informed mental health care services, including psychological therapies for people who have experienced family, domestic and sexual violence.

About the program

The program includes a dedicated Local Care Team to help coordinate and manage your recovery journey. The program is delivered from hubs based in Liverpool, Campbelltown and Fairfield Local Government Areas (LGAs).

A member of the Local Care Team will work with you in a way that best supports your recovery journey using evidence-based therapies. The Local Care Team can also support you to identify and connect with a range of other services such as legal, financial and housing supports.

The mental health services offered as part of the Supporting Recovery Program are available to you at no cost, for a period up to 2 years. The dedicated Supporting Recovery Mental Health team includes experienced and trained psychologists, social workers and counsellors who specialise in providing trauma-informed and client-centered mental health care.

The therapies offered are holistic, culturally appropriate and will support your safety, choice and control. Mental health support may also be available to children and other family members who have been directly or indirectly impacted by family, domestic or sexual violence.

Is this program for you?

Supporting Recovery is open to anyone within South Western Sydney region who has been impacted by family, domestic and sexual violence. The program welcomes people of all identities including First Nations peoples, people living with a disability, members of the LGBTQIA+ community and people from culturally and linguistically diverse communities.

Trauma-informed mental health care, including psychological therapies for up to two years at no cost.

Have you experienced family, domestic and sexual violence?

Family and domestic violence happens when one person in a relationship repeatedly hurts another person or makes them feel unsafe. It can happen between intimate partners, between parent and child, between siblings or extended family members.

It includes any behaviour that is violent, threatening or controlling and may include physical violence, sexual assault and coercion, emotional and financial abuse, intimidation, humiliation and stalking.

Sexual violence includes sexual assault, sexual threat, sexual harassment, street-based sexual harassment and image-based abuse sexual harassment.

These experiences often lead to a long-lasting negative impact on your psychological, emotional and physical wellbeing — this is called a trauma response. The impact of this trauma may be obvious immediately or it may have taken years for you to notice. You may be feeling physically unwell, have mood swings, feel sad or hopeless, avoid certain situations, have difficulty in your relationships, be on edge a lot of the time, not sleep well or just not feel right.

If this is you and you have experienced family, domestic and sexual violence at any time, the Supporting Recovery program may be able to help you.

How can you find out more about Supporting Recovery?

To find out more the Supporting Recovery Program or the referral process, you can contact the following:

- 1300 316 554
- supportingrecovery.org.au

Support may also be available to children and other family members who have been directly or indirectly impacted by family, domestic and sexual violence.