



## PHaMs (Personal Helpers and Mentors program)

PHaMs is a support program for people with mental health issues who live in the Moreland local government area. Participants in the program need to be aged 16 or over.

This program works with the skills of participants to support them to recover and to reconnect with their community. Workers provide opportunities, support and services to assist participants to achieve their goals.

Some of the support we offer includes:

- Personal relationships
- Assistance with budgeting, household tasks
- Enrolling in a course or looking for a job
- Joining groups ie. Art classes or support groups
- Helping with Centrelink, housing options

There is an eligibility criteria that applies to ensure that this program suits the needs of the participants. For more information or to make a referral please call 9355 9900.

This is from one of our participants in the program –

The PHaMs program would have to be the most dedicated team in serving people ...that I have ever encountered. I have the utmost respect for my mentor who has given me invaluable guidance and advice. Has an innate ability to tap into individual needs. I am given tremendous encouragement, care, support, understanding and compassion. Assisting me to find tools to better myself, exploring my creative needs, giving options to choose from and where I fit into society. I look forward to our outings as we have built up a professional yet friendly rapport and seem to be on the same page, we laugh and have a good joke and I feel I am in the land of the living. My outlook on life is even more determined with his help to grab life with both hands and enjoy, be it, live it. I now walk, laugh more and feel better about myself, even though I still have a little way to go, taking baby steps. Thank you so much PHaMs you do amazing things with amazing people. J.



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& Mentors Program

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