



TOWARD RECOVERY

SUICIDE AFTERCARE
SUPPORT



SUPPORTED BY



Lifeline
MID COAST

What is Toward Recovery?

Toward Recovery is a psychosocial support program for individuals who have experienced a suicidal crisis (suicide attempt/self harm). Lifeline Mid Coast has lived experienced of suicide peer support workers to assist participants in their journey toward recovery.

This program is accredited by Suicide Prevention Australia QIP. It is designed for the purpose of supporting individuals to regain stability and reintegrate into daily life in their community, in collaboration with other mental health professionals..

How we support you.

- ✓ **Daily living support:** Crisis support, and personal safety planning.
- ✓ **Referrals and advocacy:** Assistance connecting with ongoing services, Lifeline support groups, and support with applications and referrals.
- ✓ **Engagement and empowerment:** Wellbeing check-ins, help managing appointments, and support with transport.

Program format.

The Towards Recovery Program is a free, 12-week, psychosocial support initiative with a focus on non-clinical, practical support. Referrals can be made by a clinician, carer or other service provider. Self referrals are welcome.

Please reach out to Lifeline Mid Coast for more info:



 **02 6581 2800**  **lifelinemidcoast.org.au**

For more information email admin@lifelinemidcoast.org.au