

## Recovery Program choices

Recovery in mental health is a process, a way of life, an attitude. It is about regaining control, reclaiming a sense of power, purpose and value and living the life you want to lead.

The Recovery Program provides a range of services to support you in this process.

There are lots of options in how you use the program because we know that different approaches suit different people, at different times. You will be able to choose the options that suit you.

We can provide support with deciding what approach to take if you would like. The choice is yours.



## We'd like to hear from you

We always value feedback on what we do.

Please let us know any time if there is something we're not offering that you think would be helpful.

*"I have a new sense of relief to know that I am able to get work and have the support that usually I get anxious about....I feel excited about the future"*

### Contact headspace

**headspace Bentleigh** 973 Nepean Highway, Bentleigh VIC 3204  
Tel 03 9076 9400 Fax 03 9076 9444

**headspace Dandenong** 211 Thomas Street, Dandenong VIC 3175  
Tel 1800 367 968 Fax 03 9793 4992

**headspace Elsternwick** 319-321 Glenhuntly Rd, Elsternwick VIC 3185  
Tel 03 9076 7500 Fax 03 9076 7599

**headspace Frankston** 62 Playne Street, Frankston VIC 3199  
Tel 03 9769 6419 Fax 03 9770 5688

**headspace Narre Warren** 66 Victor Crescent, Narre Warren VIC 3805  
Tel 1800 367 968 Fax 03 8738 9888

**headspace** National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Initiative



headspace  
National Youth Mental Health Foundation



Recovery Program



**headspace Youth Early  
Psychosis Program**



## Recovery Program at a glance

The Recovery Program at **headspace** Bentleigh runs a range of groups and programs based on the needs of young people.

- Groups
- Discovery College
- Vocational
- Health and lifestyle
- Cognitive

Recovery is about finding what works for you. Connection, purpose, meaning, hope: these are different things for different people.

When you contact the Recovery Program, you will be linked with someone to help you discover what is currently on offer that might interest you.



*"I am a lot more confident in my abilities after seeing my strengths"*

## Groups

Our group topics range from food to soccer, gardening to craft, bushwalks to picnics! People get different things from coming to groups. You might connect with others, explore your favourite skills and interests...or discover new ones.

*Your programs, your say: we are always interested to hear your suggestions for future groups, outings and courses.*

## Discovery College

The Discovery College is about learning from each other: sharing experiences and ideas to explore who we are, what works for us, what we want and what we can do.

Discovery learning values all different kinds of knowledge and experiences. Young people, staff, families and friends create courses to explore ideas about mental health and wellbeing together.



## Vocational

Our vocational specialist is available to support you in all things work and education. From study options to job searching, identifying your strengths to creating a CV: vocation is finding the pathway that will take you where you want to go.

## Health and lifestyle

There are lots of ways to support living a healthy life. Our Exercise Physiologists can assist with working on what matters to you. Exercise programs for home or the gym; healthy eating; managing stress and improving mood; looking at sleep, or ways to be more active in everyday life.

## Cognitive

Cognition is about thinking skills such as memory, concentration and problem solving. A Neuropsychologist can help you understand your individual strengths, and assist with building skills in areas you may find difficult.

