

## Peer Support Workers

Peer Support Workers are qualified workers who offer a unique support because of their personal experience and understanding of mental illness. Peer Support Workers can support individuals on their recovery journey through acceptance, discovery, hope, achievement and fostering personal responsibility by building resilience and focusing on strengths. At Centacare you have the opportunity to meet with our Peer Support Workers.

## Am I eligible?

If you are 16 years of age or over living in our service area and have a mental illness that effects your quality of life, please contact us to discuss your eligibility further.



## Personal Helpers and Mentors Program

Toll Free 1800 808 908

55 Adelaide Road Murray Bridge | T 8531 8888  
murraybridge@centacare.org.au

33 Carey Street Salisbury | T 8250 3694  
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**Centacare**  
Catholic Family Services

### Disability

Families, Youth and Children

Health and Wellbeing

Employment, Education and Training

Homelessness

### This service is funded by

Commonwealth Department of Families, Housing, Community Service and Indigenous Affairs (FaHCSIA).

### A Child Safe Organisation

Centacare has an ongoing commitment to building and maintaining a Child Safe Organisation.



### Statement regarding the traditional owners of the land.

For thousands of years Aboriginal people have walked on this land, in their country. Their relationship with the land is at the centre of their lives. We acknowledge the Aboriginal people and their stewardship and spiritual connection with their lands.



### Quality Assurance

Centacare is a nationally accredited organisation assessed against the Quality Improvement Council (QIC) Australian Health & Community Services Core Standards and the Community Services Standards.



**Centacare**



**PERSONAL HELPERS AND  
MENTORS PROGRAM**

# Personal Helpers and Mentors Program

## What do Personal Helpers and Mentors do?

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Your Personal Helper and Mentor can support you with many different things. What you want to achieve from the program, and how you go about achieving it is up to you.

- Working with you to learn how to better manage everyday tasks
- Supporting relationships with family and friends
- Working with you to get you involved in a community activity that you would really like to do
- Connecting you with other services, programs and the community
- Exploring your opportunities

## Our Commitment

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We aim to support mental health recovery and self determination through an individualised service that is holistic and strengths based.

Our mission is to be accessible and to meet you in a mutually comfortable environment.

Our service is non-stigmatising and respectful of culture, values and diversity.

We recognise that recovery is a journey that embraces peer support, hope and community engagement.

## What is Recovery?

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Recovery is learning to live with rather than tolerating mental illness. This may not be a cure but a deeply personal journey.

People can achieve their individual goals using their strengths to make positive steps forward to a fulfilling life within the community.

Hope, motivation, sense of self, meaning and personal responsibility is the focus of the Personal Helpers and Mentors Program.

