

## Qualified team

The Odyssey House Community Services team provides professional service and assistance.

Qualified counsellors and psychologists will guide you through your recovery in a safe and supportive environment, delivering a high level of care.

## Your recovery

“Recovery is a personal journey of discovery. It involves making sense of, and finding meaning in, what has happened; becoming an expert in your own self-care; building a new sense of self and purpose in life; discovering your own resourcefulness and possibilities and using these, and the resources available to you, to pursue your aspirations and goals.”

– Perkins et al. 2012

## What our clients have said



“I felt the group understood and accepted me. I could talk about my mental health experiences and receive the support I needed.”

“Listening to other group members was extremely helpful. I learnt strategies to overcome my recovery challenges.”

Since 1977, Odyssey House NSW has been providing hope and inspiring positive change for individuals affected by the complexities of alcohol and other drugs.

**ODYSSEY HOUSE COMMUNITY SERVICES  
CENTRAL EASTERN SYDNEY**

**1800 397 739**

### Street address

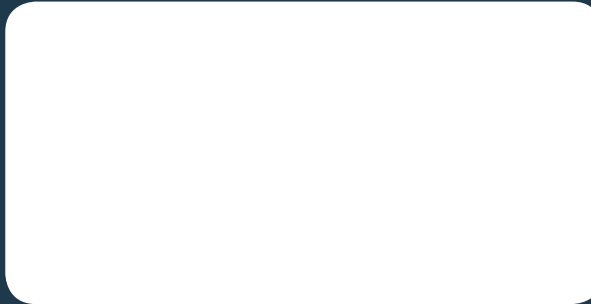
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Redfern NSW 2016

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**40 YEARS**  
ODYSSEY HOUSE

Community Services

# MENTAL HEALTH RECOVERY GROUP STAGE 1 & 2

## ALCOHOL & OTHER DRUGS



**40 YEARS**  
ODYSSEY HOUSE

Community Services

**Odyssey House Community Services offers a diverse range of non residential programs and services for those affected by the complexities of Alcohol and Other Drugs.**

These programs include: Counselling, Alcohol and Other Drugs Recovery Group Stage 1 & 2, Mental Health Recovery Group Stage 1 & 2 and Specialised Recovery Groups.

At Odyssey House NSW we understand the challenges that may be impacting the life and health of individuals, their friends, family and the wider community.

Our experienced team offers free individual and group counselling, support, information and education to people who are concerned about their own or a loved one's drug and/or alcohol use and the impact on their Mental Health.

## Our Vision

A world free of addiction.

## Our Mission

To build safe and healthy communities by reducing the impact of addiction on individuals, families, carers and communities.

## Our Values

- Professionalism
- Creativity
- Respect
- Integrity

## ODYSSEY HOUSE COMMUNITY SERVICES 1800 397 739

Phone our Assessment Team today to find out more about our services and program options that will support and assist you in your recovery journey.



**Odyssey House Community Services provides the Mental Health Recovery Group Stage 1 & 2 for those seeking support for both Mental Health and alcohol and other drug issues.**

## Mental Health Recovery Group Stage 1

The Stage 1 program is structured into 4 weeks.

**Stage 1 participants will learn new skills and receive support with:**

- Developing a personalised Mental Health recovery plan
- Identifying triggers and learning healthy coping strategies to maintain Mental Health recovery
- Challenging negative thinking patterns to improve overall wellbeing
- Managing emotions and feelings
- Improving your lifestyle
- Weekly peer and counselling support

## Mental Health Recovery Group Stage 2

Participants are required to attend and complete each week of the Mental Health Recovery Group Stage 1 program. Upon completion of Stage 1, together with the qualified psychologist or counsellor, your progress in Mental Health Recovery will be assessed to determine whether Stage 2 will be beneficial.

The Stage 2 program is structured into 8 weeks.

**Stage 2 participants will learn new skills and receive support with:**

- Developing mindfulness skills
- Understanding recovery from addiction and Mental Health
- Developing positive relationships and support networks
- Building resilience in recovery
- Expanding knowledge and skills around managing depression and anxiety
- Developing a Mental Health maintenance plan
- Weekly peer and counselling support

After attending all 8 groups, participants attend a ceremony and receive a certificate which acknowledges their successful completion of the program.