



ALCOHOL & OTHER DRUGS

MENTAL HEALTH RECOVERY GROUP – STAGE 1

How we can help

Odyssey House Community Services offers the Mental Health Recovery Group Stage 1 to support people recovering from both mental health and alcohol and other drug issues.

We are aware that many people affected by the complexities of substance use have a range of mental health problems at higher rates than the general community.

In a supportive environment participants will learn new skills and receive help with any challenges they may be facing.

The group will cover a range of recovery topics with light refreshments provided.

Find out more

Participants will 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
- Improved lifestyle
- Weekly peer and counsellor support

Our qualified counsellor/psychologist will assess if Stage 2 will be beneficial for your recovery.

When

Join at any time / Tuesdays / 12.30 pm to 2.30 pm
2nd May 2019 to 23rd May 2019 / 4 week duration

Where

Suite 3, Level 3 / 83 Flushcombe Road, Blacktown

Community Services: 1800 397 739

T: 02 9622 7511 / F: 02 9831 7337

E: csws@odysseyhouse.com.au / W: www.odysseyhouse.com.au

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ODYSSEY HOUSE
NEW SOUTH WALES

Community Services