

Our approach

Neami National is a community mental health service that provides rehabilitation and recovery support services across Australia.

We work in a positive framework and assist you to build your confidence and skills to achieve a greater sense of meaning and purpose in life based on your own values.

We provide services in diverse communities ranging from the inner-city suburbs to regional and remote areas.

Mental health recovery

We believe that recovery is an individual process and that with the right kind of support each person can move towards a life that matches their own values and goals for the future.

Recovery goals often include physical and mental health, self-confidence, social and community connection, education and skills development, and employment.

Collaborative Recovery Model (CRM)

We use the Collaborative Recovery Model to support people through our services.

The CRM aims to identify your personal values and goals, and then helps you make progress towards achieving them. Each person chooses their own goals.

Our staff support you along the way and help connect you with other services in your local community.

More information

Contact us:

8am–4.30pm
Monday to Friday

Service hours: 24 hours / 7 days for residents

P: 08 8080 1365
F: 08 8087 5248

brokenhill@neaminational.org.au

The Far West Mental Health Recovery Centre is funded through the Far West Local Health District. Neami and Far West Local Health work in close collaboration to deliver this service.

About Neami National

Neami National is a community mental health service supporting people to improve their health, live independently and pursue a life based on their own strengths, values and goals.

Our vision

Full citizenship for all people living with a mental illness in Australian society

Our mission

Improving mental health and wellbeing in local communities

www.neaminational.org.au

Cover image: Sturt's Desert Pea, Shutterstock/Ingvars Birznieks

Far West Mental Health Recovery Centre

A short-term support service to prevent hospital admission and promote recovery



Based in Broken Hill, the Far West Mental Health Recovery Centre offers short-term support for people who are at risk of requiring hospital treatment for mental illness, or who are leaving hospital and require additional support to transition back into the community.

The service is not a replacement for acute inpatient care but an option that can prevent the need for hospitalisation when people are aware they are becoming unwell.

We offer a 24-hour support service and a range of individual and group rehabilitation and recovery programs. Clinical supports and treatment are available on site as required.

Features of our service include:

- Senior Clinician on site
- 10 individual rooms with ensuite bathroom and balcony
- Vegetable garden
- Activity room
- Communal and quiet areas
- Outdoor BBQ area
- Communal kitchen and laundry
- Exercise equipment

The service is run by a multidisciplinary team of community support workers, including people with an experience of mental health recovery.

You can stay at the Recovery Centre for up to six weeks or participate in parts of the program from home.

While staying at the centre, you are required to participate in all aspects of the service including cooking and basic cleaning.

Individual work

We work with you to reduce distress from mental illness and to avoid admission or re-admission to acute inpatient hospital care.

We support you in the following areas:

- Identifying your strengths, values, and goals
- Monitoring your safety and wellbeing
- Developing a relapse prevention plan
- Liaising with clinical services, carers and the community
- Referring to community supports upon leaving
- Developing exit plans and facilitating family involvement where appropriate

Group work

We offer a range of group programs to support you to develop knowledge, skills and resources that are consistent with your personal goals and values, while benefiting from the shared experience of group work.

- The Optimal Health Program helps you to improve your wellbeing. OHP considers social, emotional, mental, physical and spiritual needs.
- Flourish is a recovery focused, self-development group that is fun, interactive and helps you to explore your values and strengths.
- The Understanding Anxiety group teaches various coping strategies to deal with feelings/emotions and thoughts experienced when people are anxious or stressed.

Group programs are available to residents on site and can also be accessed by anyone in the community as a day participant.

Eligibility

To be eligible for this service you should be:

- Aged 18-64
- Able to participate in all aspects of group programs
- Able to cooperatively engage in a group setting
- Able to agree to not use illicit substances/drugs or alcohol during your time with the service

AND

- Require support to help manage mental illness or distress

OR

- Require additional support following an acute mental health inpatient admission

Referrals

If you are interested in learning more about the Recovery Centre please contact us directly or you can contact us through the Broken Hill or Dareton Community Mental Health and Drug and Alcohol Team.

All referrals will be considered based on the eligibility criteria and then assessed and discussed within the team. Feedback on the outcome will be provided within 48 hours.