

# 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 Neami Bentley

9am–5.30pm  
Monday to Friday

Phone: 08 6252 0420  
Fax: 08 9350 9010  
bentley@neaminational.org.au

## About Neami National

Neami National is a community mental health service supporting people living with mental illness 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](http://www.neaminational.org.au)

Cover image: Sunrise View of Perth Skyline from Swan River, Shutterstock/Pok Leh



# Neami Bentley

Community based individual and group programs to support mental health recovery and rehabilitation



Neami Bentley provides rehabilitation and recovery support to people experiencing mental illness who require assistance in the areas of skill development and social contact.

Our focus is primarily on individuals who are experiencing isolation in their lives because of a severe and enduring mental illness, who may benefit from social interaction.

## Group programs

We facilitate a number of different community group programs to support and promote rehabilitation and recovery throughout Perth and the surrounding areas.

A variety of educational and social program opportunities are offered that enable individuals to meet other people.

The programs are run by a multi-disciplinary team of community support workers, including people with an experience of mental health recovery.

## Flourish

Flourish is a recovery focused, self-development group that is fun, interactive and helps you to explore your values and strengths. The program is run by Peer Support Workers who have a lived experience of mental health issues and recovery.

## The Individualised Community Living Program (ICLS)

ICLS enables people to stay connected with their community while they are progressing through their recovery journey.

As part of the ICLS program, we work with people to identify and work on their recovery goals. These are based on each person's own personal values, strengths and priorities in life.

Recovery goals can include:

- Reducing distress from symptoms
- Managing medication and allied services
- Daily living and self-care skills
- Social skills and confidence
- Reconnecting with family and friends
- Pursuing education and developing new vocational skills
- Exploring employment and volunteering opportunities
- Community connections
- Holistic wellbeing
- Participating in community activities
- Improving physical health
- Gaining a greater level of independence

The number of hours and kind of work we do with each person varies according to their eligibility. This can range from an hour or two a week to intensive support like daily home or community check-ins.

## Group programs referrals and eligibility

To be eligible for our group programs you must be:

- Aged 16 - 64 (other ages are considered based on individual circumstances)
- Able to co-operatively engage in a group setting and willing to participate
- Not using illicit substances/drugs or alcohol during your session times with the program
- Experiencing isolation because of a severe or enduring mental illness
- Requiring additional support to meet with other people

Referrals for group programs can be made directly to Neami Bentley. All referrals will be considered based on the eligibility criteria. Feedback on the outcome will be provided in a reasonable time.

Acceptance to the programs is conducted by Neami staff through a series of questions with the individual, about which community support groups and programs they are interested in.

## ICLS referrals and eligibility

Eligibility for ICLS varies and there is no direct public referral. To access to this program, a mental health case manager will refer eligible people to the WA Mental Health Commission.