

Personal Helpers and Mentors Program

The Personal Helpers and Mentors Program is a free service run by Anglicare SA and based in Gawler South. Basically, we support people who struggle with mental illness to identify their goals, and achieve them. We can work with you if you're over 16, and there isn't a time limit, so there's no rush. We don't tell you what to do. We ask you what you want, and we do our best to help you get there. Come and see us Mon-Fri, 9-5. You can refer yourself, so its your recovery on your terms.

WHO

Anyone 16 years and over can join the program who identifies as having a mental illness that is impacting on their life

WHAT

Personal Helpers and Mentors work with you to develop personal goals and strategies to achieve them

WHEN

You and your Personal Helper and Mentor will work out times that suit you both

WHERE

We are based in Gawler and work within the Gawler, Barossa, Light and Mallala Council areas. We are an outreach service which means we come to you.

HOW

You are supported in many ways, the program is individually tailored to what you would like to work on.

WHY

Our Personal Helpers and Mentors have a range of skills, backgrounds and expertise that make them suited to supporting people towards recovery.



Must meet Eligibility Criteria that demonstrates that there is a severe impact on your life due to mental illness
Does not need to be a diagnosed mental illness
You can refer yourself



Recovery Plan is created to look at what you would like to achieve by being in the program
Identifies the barriers that prevent you from achieving your goals
Strength based so we look at what you are doing well



Up to 3hrs a week
No set timeframe for the length of the program
You are working towards your goals at your own pace



You can meet your Personal Helper and Mentor at anywhere you are comfortable, such as your home, Coffee Shop, Mcdonalds, School or our Office



Increase confidence to manage everyday tasks
Support to find appropriate accommodation
Reconnect with family and friends
Make community connections
Attain employment
Access to clinical supports such as GP's, Counsellors, Psychologists and Community Mental Health Services



Aboriginal worker
Youth based worker
Experience with families
Male and Female
LGBTIQ
Easy access to other Anglicare Services

CALL US TODAY (08) 8522 8100

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