

# Living Recovery

## Mental Health Empowerment Program

Nestled in the foothills of the Darling Scarp, Helena Valley's Living Recovery, mental health empowerment program has found its home.

Living Recovery offers a six-month live-in, mental health, personal development program for people who experience psychological and emotional distress.

### About the Living Recovery program

#### Living a Life of Freedom

The Living Recovery program focuses on rebuilding and reconnecting with yourself and others. It is a place to explore a vision, nurture courage and belief, while actioning a plan to create a rich and meaningful life.

Eight individuals will actively commit to rebuilding their lives in a supportive community of people exploring recovery in its many forms. We recognize that individual skills, experiences, and choices will help shape and contribute to the recovery community.

Recovery is an active process and requires commitment to all aspects of the program. For the duration of the program, the community will work closely together and support one another on their journey of recovery.

Living Recovery provides an opportunity to work through past experiences by exploring history, beliefs and stories in depth. It is an opportunity to find new emotional meaning in past experiences and empowerment in the present and for the future.

Family and significant others are welcomed into this healing process.

Following the program, an additional six months of support is offered to maintain the momentum of each participant's recovery journey.

## Who can come to Living Recovery?

Living Recovery eligibility includes;

- 18-65 years of age
- Secure accommodation in the community
- A willingness to engage in the program and all it has to offer
- Currently experiencing mental health distress

## How can I join Living Recovery?

Applying is easy, complete a referral form online at [rw.org.au](http://rw.org.au). A section will need to be completed by a mental health clinician or treating GP.

## Want to know more?

For more information on the Living Recovery program, contact our friendly staff on 0412 227 870.

We welcome all enquiries and interest in the program and are happy to arrange a walkthrough and meet and greet.

425 Clayton Rd, Helena Valley

1800 RICHMOND (1800 742 466)

[www.rw.org.au](http://www.rw.org.au)