



## **Commonwealth Psychosocial Support**

### **Supporting new clients and Commonwealth community mental health clients to access psychosocial support – NDIS, CoS and NPS**

#### **Purpose**

The purpose of this fact sheet is to:

- outline what Commonwealth funded psychosocial supports are available from 1 July 2019;
- outline what you need to do if you are currently accessing services through Partners in Recovery (PIR), Support for Day to Day Living in the Community (D2DL) or Personal Helpers and Mentors (PHaMs); and
- outline the role of Primary Health Networks (PHNs) in supporting you to transition to the National Disability Insurance Scheme (NDIS) or a new program.

#### **What is psychosocial support?**

Psychosocial support services include a range of supports which aim to help people with a severe mental illness to increase their ability to do everyday activities. Supports can be provided individually or in a group and might focus on one or more of the following areas:

- developing social skills and friendships;
- building relationships with family;
- managing money;
- finding and looking after a home;
- building skills and qualifications;
- developing work goals;
- staying physically well, including exercise;
- support with drug, alcohol and smoking issues;
- building life skills including confidence and resilience.

#### **How are people currently accessing psychosocial support?**

Commonwealth funded psychosocial support services are currently being delivered through three programs: PIR, D2DL and PHaMs.

#### **What's going to change?**

PIR, D2DL and PHaMs programs are ending on 30 June 2019.

This is because people getting support through these programs will transition to the NDIS or one of the following programs: Continuity of Support (CoS) or National Psychosocial Support (NPS).

PHNs and your current services provider will support you to transition to the NDIS, CoS or NPS.

#### **What is Continuity of Support?**

CoS is a program that will provide psychosocial support to people who are currently

accessing services from PIR, D2DL or PHaMs and are ineligible for the NDIS.

Support and services commissioned through the PHNs will help you to achieve similar outcomes to those you received from PIR, D2DL and PHaMs.

CoS is available from 1 July 2019.

### ***What is National Psychosocial Support?***

NPS is a program that will provide psychosocial support

- to people with severe mental illness who are not currently receiving supports through a program or the NDIS, or
- to people who are existing clients of PIR, D2DL or PHaMs who have not put in an application for the NDIS, or are waiting to receive an access decision or approved support plan for the NDIS.

PHNs will fund service providers in your local area to deliver these psychosocial supports.

NPS is available from 1 January 2019.

### ***Will my service provider change under CoS or NPS?***

Your local PHN will fund services in your area to deliver support to you under CoS or NPS. We expect many people will stay with their current provider.

The Departments of Health and Social Services will work closely with the PHNs and existing community mental health service providers over the next few months to facilitate a smooth transition to new arrangements and minimise disruption for clients.

### ***How long will I be supported?***

If you are currently receiving supports from PIR, D2DL or PHaMs and you have not yet put in an application to the NDIS, or you are waiting to receive an access decision or approved plan for the NDIS, you will be supported for up to 12 months from 1 July 2019 through the NPS until you have transitioned to either the NDIS or CoS.

If you are not eligible for the NDIS, you will have access to ongoing support through CoS. This means you will be able to get long-term, responsive psychosocial support.

If you are not currently receiving any support, you will be assessed for support through the NPS.

### ***How can I find out more information?***

Contacting your current service provider and/or local PHN is the best way to find out how to transition to these new arrangements and to get up-to-date information on the supports available in your area.

Contact information for the 31 PHNs can be found on the [Department of Health website](#) and searching for '[PHN Contacts](#)'. <[---

Department of Health](http://www.health.gov.au/internet/main/publishing.nsf/Content/PHN-</a></p></div><div data-bbox=)

Contacts>

## How will people get psychosocial support?

