

Psych Recovery Coach

Service Overview

Supporting independent psychosocial recovery

Hi, I'm Edward, an independent Psychosocial Recovery Coach, providing NDIS support to people living with psychosocial disability. I work one-on-one with self-managed and plan-managed participants to build confidence, set meaningful goals, and grow independence at your own pace.

Who I Support

- Adults with a primary diagnosis of psychosocial disability due to mental health conditions
- NDIS participants seeking support to understand their plan, access services, and work toward personal recovery goals
- Individuals wanting a recovery-oriented, person-led approach grounded in empathy and lived understanding

What I Do

- Help you understand your NDIS plan and use your funding effectively
- Support you to identify strengths, values, and personal goals
- Build skills for daily living, community connection, and self-advocacy
- Assist with decision-making, budgeting, and accessing housing, employment, or training
- Provide coaching that is informed by lived experience and focused on your vision of recovery

What I Don't Do

- Crisis intervention or clinical therapy
- Core support hours (e.g., personal care, transport)
- Support for participants who are not self-managed or plan-managed

Service Area

Based in Nambucca Valley | Supporting participants across the Mid North Coast including Macksville, Bowraville, Bellingen, Coffs Harbour, and surrounding regional and remote areas.

I provide flexible support via phone, online, or in-person sessions when requested, ensuring access for people who might otherwise be unable to receive support.

My Approach

I believe recovery is personal, non-linear, and possible. My coaching is:

- Participant-led – you're in control
- Recovery-focused – building hope, identity, and purpose
- Lived-experience informed – I understand mental health challenges firsthand
- NDIS-compliant – transparent, ethical, and accountable

Contact & Referrals

For more information or to refer a participant:

 edward@psychrecoverycoach.com.au

 0481 588 760

 www.psychrecoverycoach.com.au