

# Psych Recovery Coach

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## 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
- Deliver Core supports (e.g. personal care, transport) as part of a Recovery Coaching role
- Provide Recovery Coaching to participants who are not self-managed or plan-managed

## Additional Support Options

I offer limited support work (Core supports) as a separate service. I do not provide Core supports and Recovery Coaching concurrently to the same participant.

## Service Area

Based in Nambucca Valley | Supporting participants across the Mid North Coast including Coffs Harbour, Bellingen, Bowraville, Nambucca Heads, Macksville, Port Macquarie, 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:

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 0481 588 760

 [www.psychrecoverycoach.com.au](http://www.psychrecoverycoach.com.au)