Psych Recovery Coach

Service Overview

Space to reflect. Support to move forward.

I'm Edward, an independent Psychosocial Recovery Coach providing NDIS support to adults living with psychosocial disability.

I work one-on-one with self-managed and plan-managed participants to build confidence, strengthen daily living skills, navigate services, and move toward goals that matter to them at a pace that feels sustainable.

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 the Nambucca Valley | Supporting participants across the Nambucca Valley and Bellingen regions, including Macksville, Nambucca Heads, Bowraville, Bellingen, and surrounding communities.

Support is available in person, by phone, and via secure video sessions.

Flexible session times available, including evenings and weekends.

My Approach

My coaching is:

- Participant-led – you're in control
- Recovery-oriented – focused on what matters to you
- Trauma-informed – grounded in safety, trust, and respect
- Lived-experience informed – shaped by personal understanding of mental health challenges
- Practical and reflective – creating space to reflect while supporting forward movement

Contact & Referrals

For more information or to refer a participant:

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