

Understanding Psychosocial Recovery Coaching

A Plain-English Guide for NDIS Participants, Families and Carers

What is Psychosocial Recovery Coaching?

Psychosocial Recovery Coaching is an NDIS support designed specifically for people living with psychosocial disability, including those who experience significant impacts from mental health conditions.

A Recovery Coach works alongside you to help build confidence, strengthen wellbeing, develop practical skills, and support you to achieve goals that are meaningful to you.

Recovery Coaching is not therapy, counselling, or clinical treatment. Instead, it focuses on helping you build the skills, supports, and strategies needed to live the life you want.

What Does "Recovery" Mean?

Recovery means different things to different people.

For some people, recovery may involve:

- Improving confidence and self-esteem
- Building daily living skills
- Reconnecting with family and friends
- Participating in community activities
- Managing challenges more effectively
- Pursuing education or employment
- Increasing independence
- Building hope for the future

Recovery is a personal journey, and your goals are unique to you.

Who Can Access Recovery Coaching?

Recovery Coaching is generally available to NDIS participants who:

- Have a psychosocial disability
- Have Recovery Coaching funding included in their NDIS plan
- Would benefit from support to build capacity and strengthen recovery

If you are unsure whether your plan includes Recovery Coaching funding, we can help you understand your plan.

What Does a Recovery Coach Do?

A Recovery Coach can help you:

Build a Recovery Plan

Identify your strengths, goals, interests, and priorities.

Develop Practical Strategies

Create achievable steps towards your goals.

Strengthen Support Networks

Work collaboratively with family members, support workers, providers, clinicians, and community services.

Improve Confidence and Independence

Support you to make decisions, solve problems, and build capacity.

Connect with Community

Explore opportunities for social participation, volunteering, education, recreation, and employment.

Navigate Challenges

Develop strategies for managing setbacks and maintaining progress.

What Can I Expect?

Your Recovery Coach will:

- Listen to your goals and priorities
- Respect your choices and preferences
- Work at your pace
- Focus on your strengths
- Support you to build skills and confidence
- Encourage independence and self-determination

Recovery Coaching is a partnership. You remain in control of your journey.

Frequently Asked Questions

Is Recovery Coaching the same as counselling?

No. Recovery Coaching focuses on practical capacity building and goal achievement. Counselling focuses on therapeutic intervention and emotional support.

Can Recovery Coaching work alongside my psychologist or psychiatrist?

Yes. Recovery Coaches often work collaboratively with clinical and allied health professionals.

How often will I meet with my Recovery Coach?

This depends on your goals, funding, and support needs.

Can Recovery Coaching help me find employment?

Yes. Recovery Coaching can support confidence building, goal planning, community participation, and pathways towards education and employment.

How The Possible Bridge Can Help

At The Possible Bridge, we provide strengths-based, recovery-oriented coaching that focuses on helping participants build confidence, increase independence, and achieve meaningful goals.

We believe recovery is possible, growth is possible, and every participant deserves the opportunity to thrive.

Contact us today to learn more about our Psychosocial Recovery Coaching services.