

Commonwealth Psychosocial Support (CPS) Program



The CPS program is a free community-based support for people living with a severe mental illness.

The CPS Program provides short-term low intensity support to strengthen capacity and assist individuals to live independently and safely in their community.

Participants will work alongside a recovery coach to achieve recovery focused goals, form connections in a supportive environment and build resources to reduce the need for acute care.

CPS is for people who are:

- Aged 16 and over and experiencing severe mental illness with needs which can be met through short-term low-intensity support
- Able to participate in regular sessions with no restrictions to access community
- Not already receiving similar psychosocial supports

How to access

Self-refer or be referred by a GP or community support – using the CPS referral form.



This is not a crisis service.

More information

📞 1300 402 585

✉ psychosocialsupports@marathonhealth.com.au

🌐 marathonhealth.com.au/cps

Participant scenario

- 42-year-old, recently relocated and living in temporary housing, with no local supports
- History of suicidal ideation, previous mental health admissions
- Diagnosis of depression, anxiety, PTSD, suffers from substance misuse
- Living with intellectual impairment, co-existing health factors and unable to read or write

Reason for referral: Psychosocial supports to assist with integration into new community, service navigation, mental health support and support to build social connections.

CPS approach

Initial assessment to establish needs and agreed goals. Commence support – which may include:

- Linking with and mapping of local and community transport options
- Linking with and support to attend GP
- Psychology referral and linking with other mental health supports
- Service navigation and support to enter community to locate services, support introduction to social groups, food banks and other services
- Appropriate pictorial resources for substance misuse
- Liaising with housing provider and support to understand the process and complete documentation
- Linking with and support to use reading and writing resources (tools, apps)

Next steps

Review progress, adjust and document against plan. Support continues for average of 3 to 6 months unless circumstances change. Client is transitioned out of program, warm handovers and information sharing with client consent.

CPS recovery coaches support participants to get back to living the life they want to live

This service is funded by:

phn
WESTERN NSW

An Australian Government Initiative

marathon
health
Better healthcare, closer to home