



Safety

Your physical, emotional and cultural safety will be a priority at all sessions



Choice

You will have control over the supports you receive and your opinions will be heard every step of your recovery journey



Collaboration

You will share in all decision making and will be supported in making choices



Trustworthiness

Your dignity, integrity, and lived experience will be respected and supported by professional and caring therapists



Empowerment

Your recovery and healing will be the focus of all contact you have with your care team

This service is funded by

phn
SOUTH WESTERN
SYDNEY

An Australian Government Initiative

The Supporting Recovery Pilot Program is being delivered by CatholicCare Sydney, Anglicare Sydney and The Benevolent Society.

The Pilot Program is supported by funding from the Australian Government through South Western Sydney PHN.

We would like to acknowledge the traditional custodians of the Deerubin, Dharawal, Dharug and Gandangara lands and waters on which we live and work and pay our respect to Elders both past and present.



supportingrecoverysws.org.au



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SYDNEY

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SOCIETY
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Supporting
RECOVERY

From Family, Domestic and Sexual Violence



Supporting Recovery is a new program providing access to ongoing, free trauma-informed case management and mental health care services for people who have experienced family, domestic and sexual violence.

About the program

The program includes a dedicated Local Care Team which provides case management support. A member of the Local Care Team will work collaboratively with you to identify and work towards your individual goals and support you in your recovery journey. The Local Care Team can also support you to identify and connect with a range of other services that can assist you to achieve your goals such as mental health therapy, legal, financial and housing supports.

Supporting Recovery also includes a dedicated Mental Health team. The Mental Health Therapies team includes psychologists, social workers and counsellors who specialise in providing trauma-informed and client-centred mental health care. The therapies offered are holistic, culturally appropriate and will support your safety, choice and control.

Mental health support is also available to children aged 5 years and older and other family members who have been impacted by family, domestic or sexual violence.

The program is delivered from hubs based in Bankstown, Liverpool, Campbelltown and Fairfield Local Government Areas (LGAs) or via telehealth and is available to you at no cost, for a period up to 2 years.

Trauma-informed case management and therapeutic mental health support for up to 2 years at no cost.

Is this program for you?

Supporting Recovery is open to anyone who lives, works or studies in the South Western Sydney region, who has been impacted by family, domestic and sexual violence. The program welcomes people of all genders and identities including First Nations peoples, people living with a disability, members of the LGBTQIA+ community and people from culturally and linguistically diverse communities.

Have you experienced family, domestic and sexual violence?

Family and domestic violence happens when one person in a relationship repeatedly hurts another person or makes them feel unsafe. It can happen between intimate partners, between parent and child, between siblings or extended family members.

It includes any behaviour that is violent, threatening or controlling and may include physical violence, sexual assault and coercion, emotional and financial abuse, coercive control, intimidation, humiliation and stalking.

Sexual violence includes sexual assault, sexual threats, sexual harassment, street-based sexual harassment and image-based sexual abuse.

These experiences often lead to a long-lasting negative impact on your psychological, emotional and physical wellbeing — this is called a trauma response. The impact of this trauma may be obvious immediately or it may have taken years for you to notice. You may be feeling physically unwell, have mood swings, feel sad or hopeless, avoid certain situations, have difficulty in your relationships, be on edge a lot of the time, not sleep well or just not feel right.

If this is you and you have experienced family, domestic and sexual violence at any time, Supporting Recovery may be able to help you.

How can you find out more about Supporting Recovery?

To learn more about Supporting Recovery or the referral process, you can call us or visit our website:

- 1800 077 760
- supportingrecoverysws.org.au