



## Personalised training to keep you 'mind-fit' in tough times

Better together



### What is YourCoachPlus?

YourCoachPlus is a supportive, low-intensity mental health service to help people living in Central and Eastern Sydney manage those situational challenges that can impact our daily lives. The service is delivered by dedicated Mental Health Coaches and Link Workers who are committed to helping people manage their stress levels and achieve their goals.

YourCoachPlus incorporates a social prescribing approach linking people to sources of support within the community and voluntary sector to enhance health and wellbeing.

### How can it help?

Your Coach will work with you to teach you strategies and skills to manage life's ups and downs and the challenges of particularly stressful moments, as well as identifying your specific needs to connect you with a variety of supportive local services to help you meet your goals. With YourCoachPlus, you'll get the guidance and support to improve your mental and physical health, relationships, and social wellbeing.

### How does it work?

You can benefit from up to seven solution-focussed sessions, plus a brief assessment and post-coaching follow-ups, with our friendly coaches and link workers. Our service is primarily offered online via video or phone, with the option of face-to-face services.

At the first session with your coach you will:

- talk through your challenges – choosing one or two issues to focus on

- develop a problem statement – defining exactly what the issues are
- create a plan based on your needs – including practical actions to tackle the issues.

### Who is eligible?

YourCoachPlus is free of charge and no GP referral is required. We are able to help almost anyone aged 16+ if they live, study or work in Central & Eastern Sydney.

You can reach out to our friendly team during business hours to discuss your access to the program or to get more information. You'll be able to set the most convenient available time on weekdays between 9am and 8pm for your coaching sessions.

You will not be able to access this program if you are currently seeing a mental health professional, if you're under 16 years of age, or don't live/work/study in an eligible postcode. If that's you, phone the national **Head to Health** service (1800 595 212) for more support options.

Please note that YourCoachPlus is not a crisis or emergency service. If you or others are in any immediate risk of harm, please phone 000.

### Contact PCCS

(02) 9477 8700

[enquiries@pccs.org.au](mailto:enquiries@pccs.org.au)

[pccs.org.au/your-coach-plus](https://pccs.org.au/your-coach-plus)



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