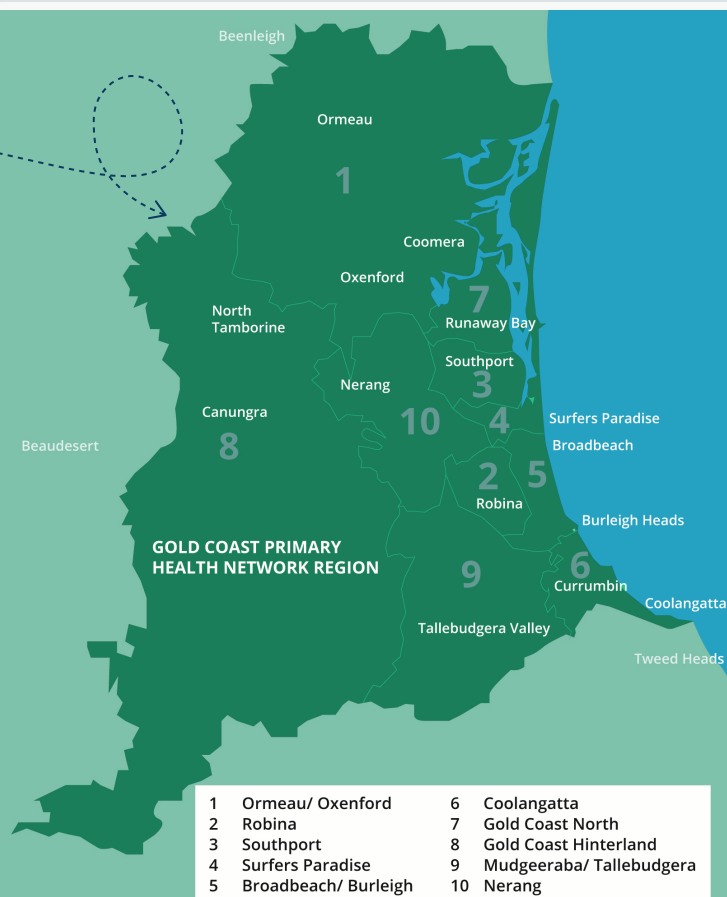


## Ready to get started?

If you're over 16, live in the Gold Coast region, are living with long term mental illness and aren't currently supported by the NDIS, then this program could be the next step in your journey.

You don't need a formal diagnosis - just a willingness to grow, engage and explore new opportunities.

**Take the first step today** - call Medicare Mental Health on **1800 595 212** and ask about enrolling in PCCS Psychosocial Supports program.



## Why we are different

A person shouldn't be defined by the illness they live with. PCCS is a forward-thinking, inclusive not-for-profit organisation specialising in social prescribing. We believe in every person's potential and developing everyone's skills as they explore opportunities for growth.

Our experienced team provides non-clinical solutions to boost social and emotional wellbeing and build stronger community connections.

People across our programs report:

- Better health and quality of life
- Stronger social networks and community ties
- Improved financial stability
- Enhanced day-to-day living.

**Contact our friendly team today!**

**PCCS** Australia's leader in *social prescribing*

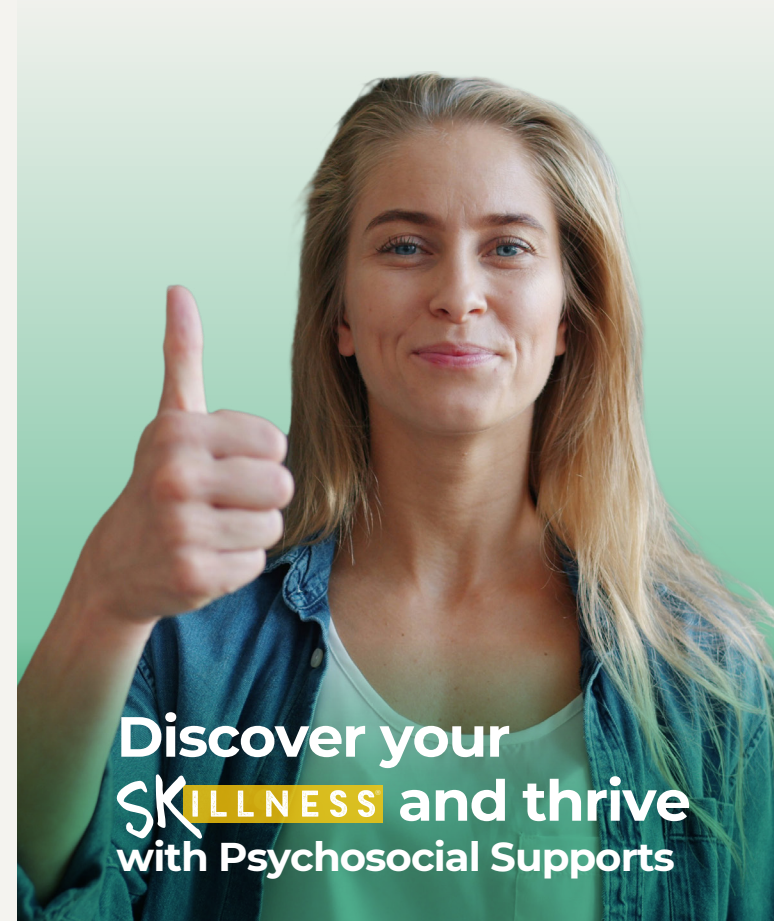
1800 595 212

[pccs.org.au/psychosocial](https://pccs.org.au/psychosocial)

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*Primary & Community Care Services gratefully acknowledges the financial and other support from the Gold Coast Primary Health Network, Australian Government Department of Health, Disability and Ageing, and our other funding partners.*



**A FREE program to boost your mental health and wellbeing**

**PCCS** Australia's leader in *social prescribing*

*Practically supporting wellbeing*



## What matters most to you?

This **FREE** program helps you think about what matters to you, what you enjoy, what you are good at, and what you want most in life. You may have skills, ideas and strengths, that you have not yet had the chance to use. We can help you find them, use them, grow them and take your next steps.

**Discover your next great passion or gain nationally accredited units of study towards a career through our Skillness Institute.**

If you're looking for new opportunities to create, collaborate, and contribute to the community, then this program is for you.



## A program that transforms

*Join us in a world where extraordinary is every day!*

People in our **Skillness®** courses don't just unlock their potential, they're transformed by developing new interests and professional skills.

- **Learning together** - Build teamwork skills, good communication, and positive connections while working with others on meaningful projects.
- **Mastering industry skills** - Learn techniques and knowledge from industry professionals. Gain practical experience, using industry standard equipment in a professional environment like kitchens or working cafés.

**SKILLNESS**  
**MENTAL ILLNESS**



*Joining the cooking course has completely changed how I see myself. I've discovered passions I never knew I had, like cooking amazing meals for friends.*

*Now, I feel confident and know I'm more capable than I thought! I'm genuinely excited about what my future holds.*

*- Allan*



## Reimagining your possibilities

You don't have to know exactly what you're interested in, our team can work with you to explore your options and discover the next step!

People in our program say they have:

- ✓ Clearer personal and vocational goals, with new skills to move forward
- ✓ More meaningful friendships and stronger social connections
- ✓ Improved wellbeing, resilience and physical health
- ✓ Practical strategies to navigate housing, employment and everyday challenges with confidence.

*What would make your life more wonderful?*

- **Discover new passions**  
Each course is an opportunity to explore what excites you and uncover hidden talents. Courses we've run in the past include photography and art classes; learning to cook restaurant-quality dishes from professional chefs; discovering sustainable living through permaculture; and crafting custom carpentry.
- **Giving back to the community**  
Make an impact by sharing your skills, finding ways to contribute to your local community and being part of something *bigger*.