

SAY  
**HELLO**

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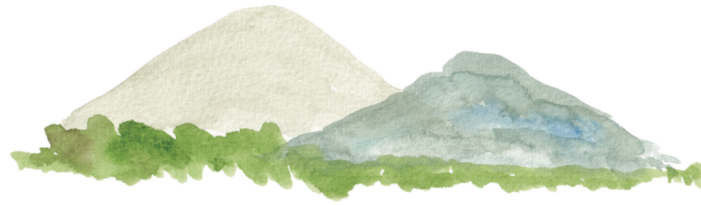
**Lin**

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**Carly**

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Wattle Wellbeing acknowledge the Traditional Owners of the land on which we work and recognise their continued custodianship and connection to the land, waters and community.



**wattle wellbeing**

SUPPORTING YOUR RECOVERY

Your present circumstances don't determine where you go; they merely determine where you start

-Nido R Qubein

## WHAT IS PSYCHOSOCIAL DISABILITY?

Psychosocial disability is a term used to describe a disability that may arise from a mental health issue.

Not everyone who has a mental health condition will have a psychosocial disability, but for people who do, it can be severe, longstanding and impact on their recovery.

People with a disability as a result of their mental health condition may qualify for the NDIS.

**SUPPORT  
COORDINATION**

**PSYCHOSOCIAL  
RECOVERY**



## Hi! I'm Carly

As a former NDIA Planner and Local Area Coordinator, I recognised the need for ethical, transparent and committed support for people living with psychosocial disability.

My own lived experience of mental health recovery and genuine empathy has led me to fully embrace my role and it gives me great satisfaction assisting clients to build their capacity and reach goals.

## Hi! I'm Lin

With my background of Biomedical Science and Hospitality, it was an Admin role in psychosocial disability that ignited my passion within our sector.

I am dedicated to supporting our clients holistically, through their own journey in life with a warm, positive and relaxed approach.

I believe in building a collaborative relationship through trust and communication.

## SO.. WHY WATTLE?

Wattle is a symbol of resilience and the Australian spirit.

Wattles are one of the first plants to germinate after a bushfire and are seen as a symbol of resilience, renewal and of people starting again after adversity.

## SUPPORT COORDINATION

### We understand the NDIS.

We can tell you what services and supports you're eligible for. It can be really confusing for someone who's new to the system, especially with all of the constant changes - we can work through your NDIS plan with you, in plain terms.

### We have great connections!

Our relationships with trusted local providers will ensure you are connected to the right supports.

### We are problem solvers.

We're flexible and creative, especially if something (quite literally!) doesn't go to plan. We will assist when challenges arise and show you how to find solutions.

If we don't know the answer to something, we will find out.

### Most importantly...

We know that clear communication is the key to any successful relationship.

We will always acknowledge any contact made with us and work transparently with you to make sure you are in control.



## PSYCHOSOCIAL RECOVERY COACHING

We'll utilise our extensive knowledge about psychosocial disability and mental health.

We can design and implement a recovery plan to help you become more independent and get the most out of your NDIS plan.

This can include coaching to increase skills and capacity such as motivation, strengths, resilience and decision-making.