



What is a Psychosocial Recovery Coach?

NDIS mental health support explained

What is a Psychosocial Recovery Coach?

A Psychosocial Recovery Coach (PRC) is a dedicated support person who works alongside people living with a mental health condition to help them build a meaningful, independent life. It's an NDIS-funded support for participants whose primary disability is psychosocial — meaning it relates to mental health.

PRC vs Support Worker

Psychosocial Recovery Coach	Support Worker
Focuses on recovery, goals, and building capacity	Assists with daily tasks and personal care
Works with you on planning, skills, and connections	Provides hands-on practical assistance
Coordinates your supports and service team	Delivers direct support in the moment
Funded under Capacity Building	Funded under Core Supports

What Does a Recovery Coach Help With?

- Setting and working towards personal recovery goals
- Building daily routines and life skills
- Connecting with community, services, and social supports
- Understanding and using your NDIS plan effectively
- Managing stress, navigating crises, and building resilience
- Coordinating your support team and communicating with providers
- Preparing for NDIS plan reviews
- Reducing reliance on supports over time as you build independence

Is a Recovery Coach Right for Me?



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A Psychosocial Recovery Coach may be the right fit if you:

- Have a psychosocial disability (mental health condition) as your primary NDIS disability
- Want support to build your independence and recovery
- Are finding it hard to coordinate your own supports
- Have goals around social connection, employment, or community participation
- Are transitioning out of hospital, supported accommodation, or crisis services

Our Recovery Coach — Owen Brady

Owen Brady holds a Diploma of Community Services and brings extensive hands-on experience in community mental health settings. He's known for his calm, respectful communication style and his ability to build genuine trust with the people he supports.

Interested in Recovery Coaching?

Call **1300 542 584** or visit imwithyou.com.au to find out if this support is right for you.