



Commonwealth Psychosocial Support Supporting new clients and Commonwealth community mental health clients to access psychosocial support – NDIS, CoS and NPS

Purpose

The purpose of this fact sheet is to outline what Commonwealth funded psychosocial supports are available from 1 July 2019.

What is psychosocial support?

People with a severe mental illness can access a number of commonwealth funded psychosocial support services that provide supports which aim to help them increase their ability to do everyday activities. People needing psychosocial support, their families or their carers, can talk to their local Primary Health Network (PHN) to access that support.

Psychosocial supports can be provided individually or in a group and might focus on one or more of the following areas:

- developing social skills and friendships;
- building relationships with family;
- managing money;
- finding and looking after a home;
- building skills and qualifications;
- developing work goals;
- staying physically well, including exercise;
- support with drug, alcohol and smoking issues;
- building life skills including confidence and resilience.

How do people access psychosocial support?

Commonwealth funded psychosocial support services are funded by the Australian Government. People can access the available supports by talking to their local PHN or current service provider. The PHNs and service providers will be able help clients to access the appropriate support for them.

There are three funding streams for people with severe mental illness seeking to access psychosocial non-clinical services, these are:

- National Psychosocial Support Transition (NPS-T)
- National Psychosocial Support Measure (NPS-M)
- Continuity of Support (CoS)

What is the National Psychosocial Support Transition (NPS-T)?

The NPS-T is a 12 month program that provides funding from 1 July 2019 to 30 June 2020 for clients who previously accessed supports under the Partners in Recovery (PIR), Support

for Day to Day Living (D2DL) and the Personal Helpers and Mentors Services (PHaMs) programs to test eligibility for the NDIS.

PHNs fund and commission service providers in your local area to deliver these psychosocial supports.

What is the National Psychosocial Support Measure (NPS-M)?

The NPS-M is a program that provides funding for psychosocial support services for people with severe mental illness who also meet the following criteria:

- Have an associated level of reduced psychosocial functional capacity.
- Are not assisted by the National Disability Insurance Scheme (NDIS).
- Are not clients of the ceased Commonwealth community mental health programs (PIR, D2DL and PHaMs).

What is Continuity of Support?

CoS is a program that provides psychosocial support to people who were previously accessing services under PIR, D2DL or PHaMs or under the 12 month transition NPS-T funding and have tested and been found ineligible for the NDIS.

Support and services commissioned through the PHNs will help clients to achieve similar outcomes to those they previously received from PIR, D2DL and PHaMs.

CoS became available on 1 July 2019.

How can I find out more information?

Contacting your current service provider and/or local PHN is the best way to find out how to transition to these new arrangements and to get up-to-date information on the psychosocial supports available in your area.

Contact information for your local PHN can be found on the [Department of Health website](http://www.health.gov.au/internet/main/publishing.nsf/Content/PHN-Contacts) under '[PHN Contacts](http://www.health.gov.au/internet/main/publishing.nsf/Content/PHN-Contacts)'. <www.health.gov.au/internet/main/publishing.nsf/Content/PHN-Contacts>

How will people get psychosocial support?

