



Mental Health Support & Psychosocial Recovery Coaching (PRC)

Support for NDIS and Private Funding

I support individuals with mental health and psychosocial disability. I love being in their space to learn about them personally and then offer to fill the gaps where data, consistency, and stability have been an issue with current supports. I assist with good routines and a positive daily environment. Participants (and coordinators) do not need to focus on training new support or making sure they are a right fit for the participant. I will do this alongside the participant so they can focus on living life and working on themself.



Psychosocial Issues include:

- ✓ Family Problems
- ✓ Depression
- ✓ Anxiety
- ✓ Substance or Sexual Abuse
- ✓ Violence

Factors that can contribute include:

- ✓ Chronic Pain
- ✓ Social Support or Isolation
- ✓ Sleep quality
- ✓ Mental health

Benefits of Psychosocial Interventions Include:

- ✓ Improved Self-Management
- ✓ Reduced Hospitalisations
- ✓ Improved Quality of Life
- ✓ Decreased Mental Health Symptoms



Serving Armidale and surrounding areas
Invergowrie, Uralla, Glen Innes, Inverell, Tamworth



Available: M, T, Th, F, Sa



Rates: As listed in the current NDIS pricing guide.

Funding: NDIS and Private Payments Accepted

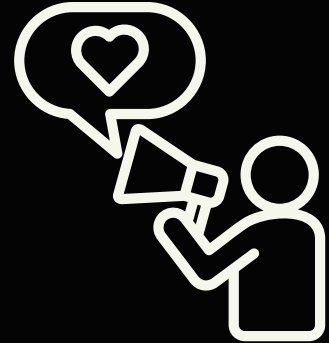
For more information :

+61 404 488 247

Tara Green

www.taragreencoaching.com.au
tara@taragreencoaching.com.au

About Me



I AM MARRIED AND HAVE 3 TEEN BOYS AND 2 DOGS. WE ALL HAVE EITHER ADHD, ADD OR ASD IN MY HOME WHICH KEEPS THINGS ADVENTUROUS AND INTERESTING! I HAVE EXPERIENCE WITH MY OWN DEPRESSION AND ANXIETY AS WELL AS A HUSBAND WHO IS DIAGNOSED WITH CHRONIC PAIN AND AN AUTOIMMUNE DISEASE.

I AM ORIGINALLY FROM THE USA, BUT HAVE LIVED IN AUSTRALIA SINCE 2012. MY BACKGROUND IS IN BUSINESS AND TRANSFORMATIONAL COACHING. I HAVE FOUND A LOVE AND PASSION FOR ALL THINGS IN MENTAL HEALTH, NDIS SUPPORT WORK AND PSYCHOSOCIAL RECOVERY COACHING. IT IS TRULY THE BEST JOB IN THE WORLD AND I LOVE DOING IT!

INTERESTS:

I LOVE PHOTOGRAPHY, ALL TYPES OF MUSIC, SINGING, PLAYING THE PIANO AND NEW ADVENTURES. I'M FRIENDLY, OPTIMISTIC, WELCOMING, AND GET ALONG WITH JUST ABOUT EVERYONE.

**COMING
SOON**
Stay Tuned

Register Your Interest for...

Transport, Day Trips, Activities & Respite through Comfort Cove Stays & Support.

*Serving Armidale, NSW + Surrounding Areas.

We are just waiting for finalisation of NDIS Registration as an official provider.

