

## A local team, Australia-wide

With staff in urban and country Queensland, Victoria, and New South Wales, we are proud to provide services across the whole of Australia.



go far, together

### We are ALL:

INTO recovery

INTO support

INTO working together.

### Our purpose

To partner with our clients to navigate complex human and social services systems, coordinating support that best meets their needs.

### Our values

- ➔ Integrity
- ➔ Respect
- ➔ Connect
- ➔ Empower



go far, together

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allinto.org.au

A registered NDIS Support  
Coordination agency



# Recovery Coaching

Support for your mental health  
recovery journey



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## Why Allinto?

With many years experience in the NDIS, mental health support, and employees with lived experiences of mental illness, we truly understand the journey of recovery.

We are all into helping our clients navigate the challenges of day-to-day life, working together to produce a recovery plan, and supporting you to stay on track.



### Recovery Coaching

Supporting NDIS participants with funding for Psychosocial Recovery Coaching to live a full life on their recovery journey



## A recovery plan built around you

Our qualified and experienced recovery coaches work to design, plan, implement, and review your recovery plan, based on your needs and NDIS funding. Some of our team members have a lived experience of mental illness and recovery, enabling them to share their real-life experiences and support you through your challenges.

1



We spend time getting to know you and understanding your needs

2



We help you get support from mental health services best suited to you

3

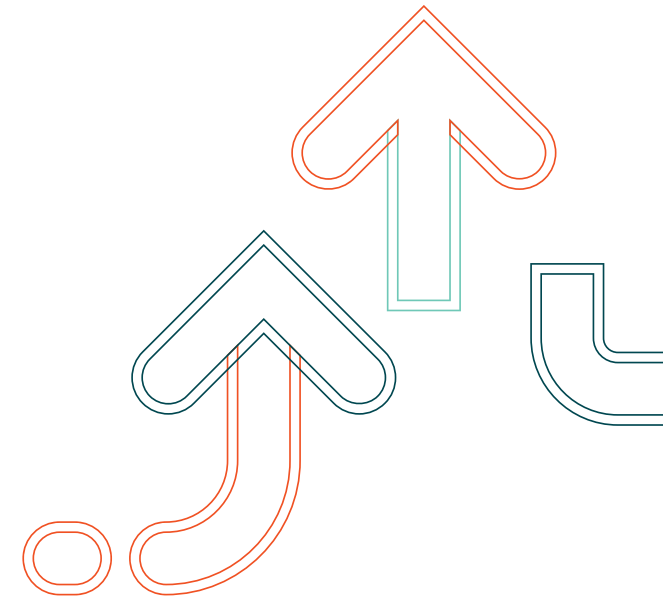


We work with you to identify your strengths to help you reach your goals

4



We work with you to build your recovery plan and help you stay on track



## Collaborating to achieve your goals

We work alongside you on your mental illness recovery journey, to manage day-to-day living, and to give you better control over your life. Our team work with you, your family, carers, and existing supports to create and implement a recovery plan to achieve your goals.

## What is recovery?

We believe that mental health recovery is possible; it is a journey, not a destination. Recovery focuses on a person's strengths rather than on their illness, meaning that recovery is unique to everyone. It means learning to live a positive and meaningful life, filled with hope and purpose.