

We all know the importance of socialisation for people on a workers compensation claim.

The MSSN programs create the opportunity for daily interaction in a group, stepped care capacity building, focus on individual goals to support improved social, mental and physical health goals.

Chat to us about both early intervention and long term injury social recovery support for people who have or are at risk of poor psychological health as a result of a workers compensation claim.

## our programs

### MSSN SOCIAL SUPPORT PROGRAM

This stepped care capacity building social support program focuses on supporting increased social participation for better mental health.

Group sessions include online zoom sessions hosted by at least one MSSN group leader, guest visits from local community organisations, virtual mini holiday trips, interactive hobby sessions and where possible face to face MSSN hosted BBQ's in members local areas. Individual connection support to local other community organisations for clients organised as needed.

### 4 WEEK PERSONAL DEVELOPMENT PROGRAM

Are your clients struggling with getting their emotions under control? Do they need help to understand how to stop over thinking things? Would they like to feel like they are back in the drivers seat of their own day without feeling overwhelmed? Then this program is a practical 4 week course to help give them the tools you need to take a step towards a sense of control.

### CAREER OR JOB SEEKING SUPPORT

Designed to take the anxiety and fear out of getting back to work. We help you reconnect, create new networks and generally make sure you have everything you need to get the job you want!

### BESPOKE SUPPORT

We offer individual person centred care for anyone who requires more individualised support at any time through their recovery journey. We will coordinate any services as required as well as offer full access to the network.



Programs can be used in conjunction with other treatments or occupational rehabilitation interventions to support client recovery goals.