



my social
support
NETWORK

COMMUNITY

**Your best tomorrow
begins today**



The MSSN Community

A workplace injury disrupts your social connections and makes recovering hard. My Social Support Network helps you reconnect with a community, re-establish broken networks & support you until you feel better and even Return-to-Work.

All our programs and services were designed with injured people, for injured people to create a Workplace Rehab Provider that can help you to reignite your life and take back control.

OUR PROGRAMS

Our programs and services were designed with injured people for injured people to help you get your life back.

Our job is to make the journey back to life, outside of your claim, achievable.

YOUR CHOICE

PERSONAL DEVELOPMENT

Are you struggling with feeling like your emotions are in control of you instead of you being in control of your emotions? Do you need help to stop over thinking things? Would you like to feel like you are back in the drivers seat of your own day without feeling overwhelmed? Then this program is a practical program to help give you the tools you need to regain control of your future again.

BUILDING CAPACITY PROGRAM

Are you feeling overwhelmed? Is it struggle to see the light at the end of the tunnel of your claim? In this program we figure out what is getting in the way of getting back to feeling strong again. We find ways to build on your strengths. We work together with you and we won't give up, no matter how long it takes. We are there every day if you need. Sessions are as interactive as your energy on the day. We have an online portal with extra information and sessions are either face to face or on zoom. If you want to come in to see us then we have a few locations around NSW that you can pop in to and see us.

LIFE AFTER WORKERS COMPENSATION PROGRAM

This isn't the life or journey your dreamt about as a kid. Being on a claim can feel overwhelming and sometimes it feels like it will never end. So what does life look after your claim? In this program we help you rebuild the road back to life after your claim ends. Over the 12 weeks, each week we chip away to set goals, get motivated and put the tools

WORKING WITH YOU

When a program isn't right for you then we can work with you on a one-to-one basis to help you work through the things stopping you from feeling like you are in control of your recovery.



What other members have said about us

The network is the most important thing I am part of now.

Female, 44, Injured 2 years, Urban area

These sessions are a break, time-out from reality. I know that for an hour I might laugh or not but I am listening to other people and not thinking about my situation. It gives me a break and I look forward to it. The other day I couldn't go but I was able to hook it up from the car as I wanted to be involved. The format allows me to do that and I was glad I could."

48, Male, Rural, 2 years injured

I was referred to join MSSN in Nov 2022; I had been dealing with multiple workplace injuries for over 7 years and had been referred to other rehabilitation services and didn't particularly have high hopes for MSSN but went along with it all anyway.

From the get-go MSSN was different, I received welcome emails and texts with everyone introducing themselves with all contact details and information on what MSSN had planned for me and my recovery and my return to work plans (they were present but not overwhelmingly overbearing). One day I checked the mailbox and had an information pack sent out with a chocolate bar hidden inside! That just showed me someone thought enough about me to do something so kind.

Caroline and the team have a genuine want to help people, they take time to get to know you and see where you are in your recovery to find what support you need as an individual to get you in the right frame of mind to start the process of returning to the workforce.

You don't feel like just a number to MSSN, you feel like a community. When I was injured, I had a lot of psychological injuries following suit and having a community that understand what you're going through and have such an empathetic and understanding approach makes the returning to work transition so much less overwhelming.

With the help of MSSN in an unbelievably short period of time I received not 1 but 4 job offers!! I will be forever grateful for the MSSN team for showing me my potential and helping me grow as an individual but most importantly showing me that I am so much more than my injury.

Female, 31, Injured 7 years, Urban area



Frequently Asked Questions

What is My Social Support Network?

1. MSSN is a NSW based approved workplace rehabilitation provider that has a range of programs and services developed with injured people for injured people.
2. Our goal is to help you feel like you are in control again and not alone in your recovery journey.
3. We give you the tools to feel connected and safe so that you can start to set goals and achieve them.
4. MSSN has individual and group sessions both online and face to face. You can join the program, speak to us or work on your goals by joining from your phone, tablet or computer. You don't have to put a screen on, you don't have to speak if you don't want to. We know that you won't always have the concentration or energy so we have tried to make everything we offer flexible.
5. You can attend as many sessions a week as you want.
6. Each week we send you an email newsletter with all the session links and MSSN news.

How does it work?

1. A membership portal available 24/7 for you to be able to reach out and talk to someone whenever you need.
2. "Right in time learning" options to support recovery
3. A safe way to ask questions, get help and meet other people in similar situations

Why focus on "social" in workplace rehabilitation to support better outcomes?

Designed with injured workers for injured workers - "My Social Support Network" looks at your physical health, psychological health, and social health. Research has shown that social support and social integration for people with an injury can influence overall physical and psychological outcomes.

All programs are designed to re-establish your sense of community, not feel overwhelmed and help you feel like you are not alone.



Frequently Asked Questions

My Social Support Network staff qualifications

All staff in the Network who work directly with you are a combination of qualified health professionals and experienced employment consultants.

We have:

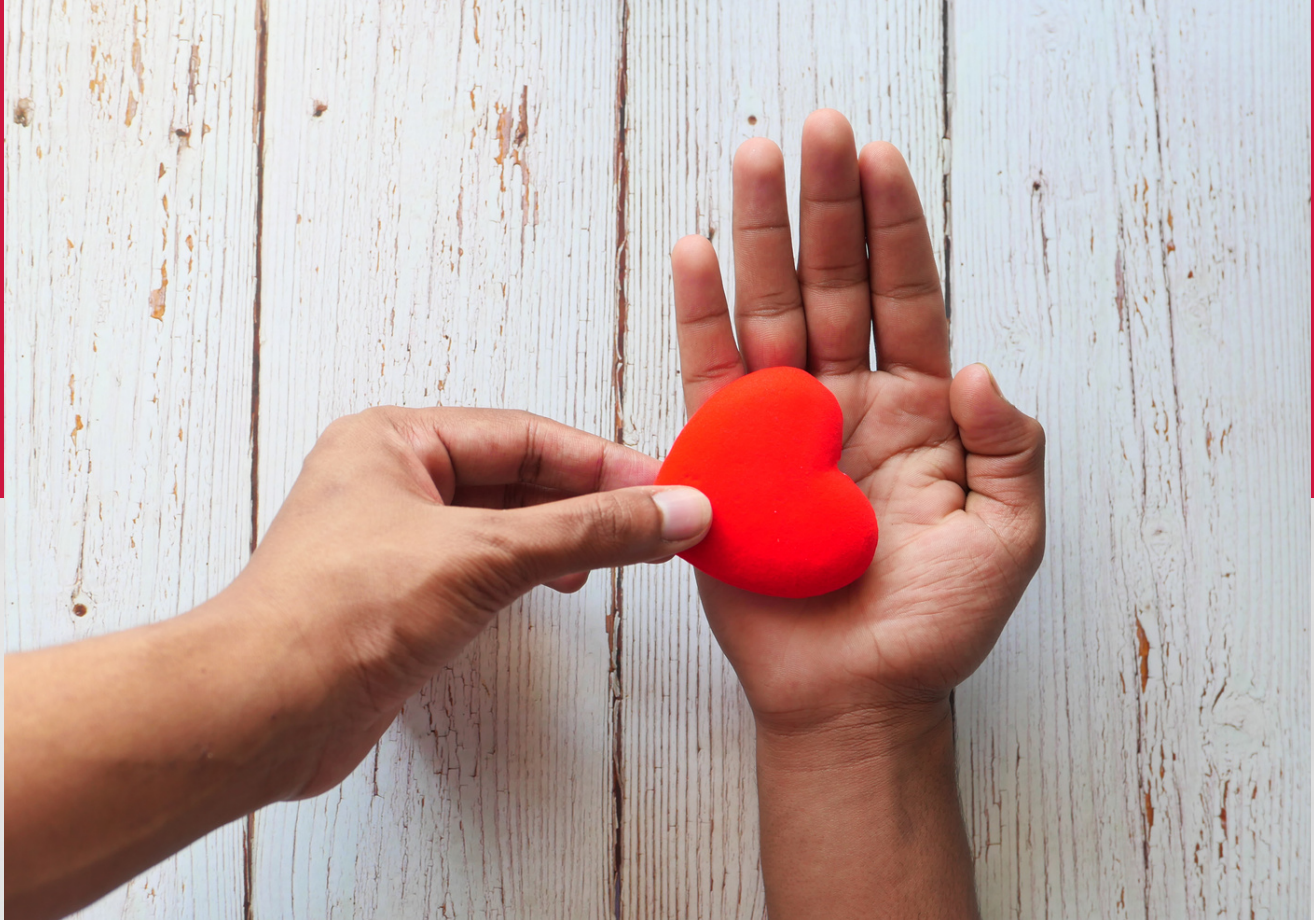
1. Psychologists
2. Rehabilitation Counsellors
3. Social Workers
4. Exercise Physiologists
5. Occupational Therapists
6. Employment Consultants

Testimonial

"Life-changing! I used to be in a really dark place. The group has given me hope. People listen. I don't feel alone anymore. I realised that there are other people on a similar journey. I used to feel isolated. I used to be really active and suddenly I wasn't able to be. Injuries aren't always visible. When we get together, we don't feel worthless. You feel listened to. You feel important."

47, Male, Rural, Physical, and secondary psychological injury, 24 months unemployed currently employed full time, Rural, Physical, and secondary psychological injury, currently employed full time





YOUR BEST TOMORROW BEGINS *TODAY*

Contact Us Today!



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www.mysocialsupportnetwork.com