

# Our Psychosocial Recovery Coaches take the time to listen.

Our Psychosocial Recovery Coaches offer lived and learnt experience of mental health, and will work alongside you to navigate the NDIS to help you get the most out of your plan.

This involves you being in the driver's seat and making the important decisions. Skylight Psychosocial Recovery Coaches will support you to understand your Plan from the start and help you build your capacity going into the future.

[www.skylight.org.au](http://www.skylight.org.au)



**Ph:** (08) 8378 4100

**W:** [skylight.org.au](http://skylight.org.au)

**E:** [skylight@skylight.org.au](mailto:skylight@skylight.org.au)

PO Box 310 Marleston SA 5033

ABN: 85 595 741 081

## METRO LOCATIONS

**Central** 73 Henley Beach Rd, Mile End SA  
**Southern** 64 Elgin Ave, Christies Beach SA  
**Northern** 15 Elizabeth Way, Elizabeth SA

## REGIONAL LOCATIONS

**Murraylands** 100 Adelaide Rd, Murray Bridge SA  
**Limestone Coast** 12 Crouch St Sth, Mt Gambier SA  
**APY Lands** Pukatja, SA  
**Fleurieu Region** Various Locations



Registered NDIS Provider:  
4050000735



## Psychosocial Recovery Coaching

Skylight Psychosocial Recovery Coaches walk along side you to support you on your journey.



**SEE MENTAL HEALTH DIFFERENTLY**

# What is Psychosocial Recovery Coaching?

Psychosocial Recovery Coaching is a personalised support service designed to help individuals with psychosocial disabilities achieve their goals, improve their wellbeing, and live a fulfilling life.

Skylight coaches provide guidance, encouragement, and practical strategies to navigate challenges and build independence.



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## Why Choose Skylight PRC?

"We Understand the Complex Stuff"

- Skylight has a long history of working with a person-centred, Recovery oriented approach, addressing the complex layers of your situation.
- We have expertise in handling legal orders such as Community Treatment Orders, Inpatient Treatment Orders, and Guardianship Orders.
- Commitment to supported decision making, empowering you to make informed life decisions.
- Skilled in multi-disciplinary collaboration, working with professionals across medical, allied health, housing, and legal fields.
- Experience with housing support, identifying accommodation and related needs for NDIS participants.
- Support with behaviours of concern, collaborating with accredited Behaviour Support Practitioners to implement positive behaviour support plans.

## Why Choose Skylight PRC?

"You're in control"

- You **lead your choices** and decisions. You will always have choice and control over how you use your plan.
- Skylight is a **non profit** organisation, reinvesting resources into enhancing services for participants.
- Over 40 years of **trusted experience** in mental health support.
- **Personalised** support plans, assistance with navigating the NDIS, and connecting with a broad support network.

*Thank you for everything, thank you for guiding me through my services.*

Skylight Participant