

*The International Association of
Psychosocial Rehabilitation Services
says:*

“Psychosocial rehabilitation (also known as psychiatric rehabilitation) is a constellation of services designed for persons with serious mental illnesses and severe functional deficits. The goal of psychosocial rehabilitation is to enable individuals to compensate for, or eliminate the functional deficits, and to restore ability for independent living. Psychosocial rehabilitation represents a revolution in the treatment of serious mental illnesses, and was developed in the same era as medications. Medications primarily address the positive symptoms, like delusions, hallucinations, and depression or mood swings. Psychosocial rehabilitation counteracts the negative symptoms of the illness, like difficulty staying on task, concentrating, and being assertive. It does this by teaching skills and coping techniques, and helping the individual develop a supportive environment, and restore a sense of mastery over his or her life. Psychosocial rehabilitation providers build on the strengths of each individual, by emphasizing wellness and by including families and the community in the recovery process”. (IAPSRs, 1995)

How much do they cost?

Generally NGO mental health services are free. There may be a small charge to cover the cost of some activities.

Your local PSR service provider is...

*Or call Qld Alliance to find out who is
closest to you*

For more information about psychosocial
rehabilitation go to:

www.qldalliance.org.au

**RECOVERING FROM MENTAL
ILLNESS – WHERE TO GET
HELP**

*About non-government mental
health services.*

**‘THERES MORE TO LIFE THAN NOT
HEARING VOICES’-JAY***