

# AFTER HOURS PSYCHOSOCIAL ASSISTANCE

**Assisting you, when  
you need it most!**  
(After-hours 4-8pm +  
weekends)

Our Support-line is for NDIS participants needing that personalised extra support and assistance after-hours or on weekends when other support services are unavailable!

We understand the importance of having access to psychosocial support precisely when you need it most and with someone who understands your unique circumstance that you can reach after-hours. Psychosocial Assistants, are qualified therapist specifically trained to address immediate concerns, aiming to provide swift resolution. From weekend welfare-checks, skilfully managing crises, offering counselling when emotionally overwhelmed or after triggering experiences. To daily planning, writing to-do-lists / weekly schedules or comprising emails facilitating effective communication to your support team. Additionally, we can work closely with your Support Coordinator by ensuring important information relay providing comprehensive assistance to empower your journey towards well-being.



- Have your own assigned & dedicated after-hrs PA.
- On-call qualified trauma therapist. (Counselling) 🏆
- Flexible pricing for each clients unique NDIS plan.
- After-Hours support till 8pm 🕒 + weekends 📞
- Notes & actions forwarded to your SC v-email.
- Welfare-Checks - Crisis management 📧
- Social, Behavioural & Organisational strategies - Self-regulatory coping skills. 📄
- Implement 6-step safety plan. 📋

## FOR MORE INFORMATION

EMAIL | [adam@positivesteps.info](mailto:adam@positivesteps.info)  
WEBSITE | [positivestepsclinic.com.au](http://positivestepsclinic.com.au)

## CONTACT US

CLINIC NUMBER | [0466845820](tel:0466845820)

## FOR A FREE CONSULTATION



**SPEAK WITH ADAM**  
OUR CLINIC MANAGER  
TODAY



**HAVE YOUR VERY OWN DESIGNATED ON-CALL TRAUMA THERAPIST & PERSONAL SUPPORT ASSISTANT FOR AFTER-HOURS AND WEEKENDS WHEN YOU NEED IT MOST! ASSISTING WITH...**

## **WELFARE CHECKS (scheduled calls)**

- **Scheduled calls for mental health check-ins:**
  - Suicide prevention.
  - Self-harm idealisation.
- **Risk Management:**
  - Addiction
  - Substance abuse
  - Intoxication
  - Seizures
  - Heart conditions
  - Risk of falling

## **EMOTIONAL SUPPORT (scheduled /call-ins)**

- **Scheduled and Call-in for emotional support & coping strategies:**
  - Triggering experiences
  - Feelings of loneliness
  - Isolated
  - Grief
  - Panic attacks
  - Anxiety
  - Counselling
  - Guidance
  - Grounding techniques

## **DAILY ROUTINE Support (scheduled /call-ins)**

- **Assistance with routine organisation & motivation:**
  - Task Breakdowns
  - Weekly planning
  - To-do lists
  - Email correspondence
  - Social skills
  - Habitual management
  - Resource Library skill sheet PDF's.