

How we help

The Supporting Recovery program offers:

- + **TRAUMA-INFORMED THERAPY:** Trauma-informed clinicians offer support for survivors of domestic, family and sexual violence. We will walk alongside you on your healing journey by providing you with support and information around your options for care.
- + **REFERRAL SERVICES:** Warm referrals to legal, financial, and housing support services.
- + **SUPPORT FOR FAMILIES AND CHILDREN:** Social and emotional wellbeing and mental health support.
- + **CULTURALLY SAFE:** Creating a safe space for Aboriginal and Torres Strait Islander people, as well as all community members, to heal with the support of trauma-informed workers and clinicians.
- + **FLEXIBLE ACCESS:** The program is offered at locations across the Central Coast, as well as online and over the phone.

Get in touch

Relationships Australia NSW

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Supporting Healing and Recovery

from Domestic, Family and Sexual Violence

Trauma-informed, free mental health care made available for people who have experienced domestic, family or sexual violence. This journey will support individuals and families in the Greater Newcastle area to heal.



This service is supported by the Hunter New England and Central Coast Primary Health Network (the PHN).

Safe and Healthy
DOMESTIC FAMILY AND SEXUAL
VIOLENCE PRIMARY CARE INITIATIVES

phn
HUNTER NEW ENGLAND
AND CENTRAL COAST
An Australian Government Initiative

**PRIMARY
HEALTH
NETWORK**

BaptistCare

Relationships
AUSTRALIA · NSW



Experiencing **family, domestic, or sexual violence** can have long-lasting effects on your mental health and wellbeing. **Supporting Recovery** provides free, trauma-informed support across Greater Newcastle.



Our **Local Care Team** will coordinate and **manage your care** as part of your healing journey, offering **mental health and trauma-informed care**, along with group work, play therapies, counselling, and cultural practices that **support the whole family**.



Our therapies provide a **safe space** that supports and empowers **men, women, and children** on their path to recovery.

What can you expect?

You'll work closely with a member of our Local Care Team. Together, you'll create a recovery plan that respects your choices and needs and connects you with tailored mental health and therapy services. We offer a safe, understanding environment – whether in person or online – so you feel supported every step of the way.

What does it cost?

This service is offered to community members in the Newcastle, Lake Macquarie and Port Stephens areas, at no cost, for up to two years.

About supporting recovery

Supporting Recovery is a pilot program funded by the Hunter New England and Central Coast Primary Health Network. It provides tailored healing and recovery support for individuals, families, and children impacted by domestic, family, and sexual violence.

The program is delivered through a partnership that brings together the expertise of two dedicated organisations:

Relationships Australia NSW provides compassionate Local Care Team support to individuals and families across the broader community based on decades of experience working in the relationship support space..

BaptistCare delivers a range of mental health services to support recovery and address the complex impacts of trauma across the broader community.

