

Commonwealth Psychosocial Support (CPS)



FAQs

The primary purpose of the Commonwealth Psychosocial Support (CPS) Program is to walk alongside and support you with your mental health challenges through an holistic approach.

At Chorus, we focus on wellbeing and resilience by empowering customers to navigate life confidently. CPS is designed to offer a person centred approach aiming to enhance independence, community connection, holistic wellbeing and focus on short term goals.

Am I eligible?

To access CPS support from Chorus you are required to be:

- aged 18 years and over
- self referred or referred by GP or other health professionals
- living with a mental health challenge that may benefit from short term, low intensity support
- not receiving support from:
 - the National Disability Insurance Scheme (NDIS)
 - other psychosocial funded supports
- living in one of the following locations:

City of Bunbury	Shire of Dardanup
Shire of Harvey	Shire of Donnybrook-Balingup
Shire of Capel	City of Busselton
Shire of Collie	Shire of Augusta & Margaret River

What We Offer

Our team collaborates with you to create a personalised support plan, focusing on your strengths, challenges, and goals. We empower you to take control of your mental health and recovery journey.

Chorus works alongside your family, friends, carers, clinical services and community supports when needed. We encourage social connection, community engagement, and self-empowerment, believing that meaningful relationships and connections help you build a strong support network and thrive.

CPS program service is:



Our team will support you to develop in the following areas:

Community-based support:

- Social activities and group engagements.
- Assistance with appointments.

Skills-building:

- Resilience, confidence, and problem-solving.
- Goal setting and informed decision-making.
- Organisational and vocational skills.

Daily living skills:

- Meal planning and household chores.
- Activity scheduling and time management.
- Self-care and physical well-being.
- Basic financial management.

Advocacy:

- Assistance with forms and understanding documents.
- Linkage to community-based services.

Social skills and relationship building:

- Connecting with like-minded individuals and support networks, including family and friends.
- Testing for NDIS eligibility.

Contact

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