

# RUAH

COMMUNITY SERVICES

*Open Hearts. Bold Strides.*

## Mental Health and Wellness - NDIS

Walking alongside you on your journey



📞 13 RUAH (13 7824)  
[www.ruah.org.au](http://www.ruah.org.au)



Ruah provides personalised recovery support to improve quality of life, relationships and wellbeing. We walk alongside you, your family and carers to achieve your goals and improve your quality of life.

We provide support in:

- **Learning and life skills** – building your skills and knowledge to live independently.
- **Accessing recreation** – connecting you with your community, building confidence and meeting friends.
- **Finding and keeping a job** – building skills to get you ready for a job and supporting your career goals.
- **Planning support** – assisting you in the coordination of support services so everyone is working to achieve the same goal.
- **Supporting your accommodation** – assisting you to live independently, or with others, and supporting you to maintain your accommodation and manage household tasks.
- **Building independence** – supporting you in your day-to-day activities.
- **Staying safe** – working with you to create strategies for self-care.
- **Empowering carers** – increasing your carers knowledge and understanding of your needs and developing strategies to respond to a decline in your wellness.

**For more information call 13 RUAH (13 7824)  
or email [connecting@ruah.org.au](mailto:connecting@ruah.org.au)**