

Contact Second Story

Call 9692 9539 to leave your details. The Team Leader will then contact you to organise a meeting, tour of Second Story, and to issue you with application forms.



The art work featured is by Romy Dwosh, and depicts the values of The Prahran Mission. They are:

**Collaboration, Safety,
Discovery, Equity,
Faith, Hope, Openness
And Respect.**

 **UnitingCare**
Prahran Mission

1A Macquarie St
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Second Story
A program designed to
help you in your recovery



Everyone with a mental illness or living in extreme poverty has the right to a decent life.

What Is Second Story?

We offer a program where you can focus on your recovery from mental illness.

We provide a safe and supportive space where you can meet others, try out groups that will help rebuild your confidence, learn new skills and most importantly work on your Recovery Plan.

Our goal is to see you reconnect with the wider community and to support you to support yourself.



What It Means To Join

You will be matched with a key worker, who will:

- Provide regular support in helping you determine what your plans for the future are
- Help to create a Recovery Plan
- Help you to work out how to turn your plans into actions
- Support you through the difficulties of making real, lasting change

It is important that you meet with your key worker on a regular basis.



What Is Offered?

The groups at Second Story offer opportunities to develop the following skills:

- Living skills
- Social skills
- Prevocational Skills
- Creative Expression
- Personal Development

A timetable will be provided which details the groups when you join up.



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