
What is the Resolve program?

The Resolve program offers individual and group support to people living with a mental health issue. It can assist with recovery and supporting healthy, independent living.

The program is run by peer support workers who also have a lived experience of mental health issues.

Why am I receiving this brochure?

You may have been notified about the Resolve program because you are eligible to participate.

This brochure provides you with information about the program and how you can participate.

“Residential stays help me to reset and get back to routine”

– Resolve Program participant

What happens next?

If you have been notified that you are eligible and would like to participate or would like to find out more about the Resolve program, please contact the community mental health team. They will arrange your referral to Flourish Australia to start using the program.

Nepean Blue Mountains Local Health District
M. 0429 845 026

Western NSW Local Health District
M. 0447 611 953
M. 0437 269 307

Who is Flourish?

Resolve is provided by Flourish Australia, an established non-government organisation with 60 years of experience delivering community mental health services. Resolve is delivered in partnership with the Nepean Blue Mountains and Western NSW Local Health Districts. You can contact Flourish Australia to find out more about the program.

Orange
T. 9393 9390

Cranebrook
T. 9393 9388



NSW Health

Resolve Program

Individual and group support for recovery and healthy living

Resolve is provided by Flourish Australia.



What does it involve?

The Resolve program is free and voluntary. It is flexible and can be adapted to suit your needs. There is no fixed schedule or attendance requirements.

If you choose to participate in Resolve you will not have to withdraw from other services or supports that you receive. Resolve staff will also help you link in with other services you might need.

The program has three key types of support: Residential, Outreach, and a 24 hour Warmline.

How you participate is your choice. You can work with a peer support worker to build a program that works for you. You can also choose to get to know some of the other people on the program.

Flourish may also be able to help you with the cost of services and equipment that supports your goals and recovery.

“Resolve helped me get out of the house and interact with others”

– Resolve Program participant

What supports can I access?

Residential

The Resolve program provides short term stays at the Resolve Centre which is a peaceful, safe and quiet home environment. The residential stays are for:

- when you feel like you are becoming unwell
- a preventative step to avoid hospitalisation
- working on your recovery goals in a safe space
- focusing on your wellness to help you return to your home.

The Resolve Centre is staffed 24 hours, 7 days a week, and provides a supportive environment that keeps you connected to the community.

Warm Line

You can call the phone line 24 hours, 7 days a week to get advice and support when you need it.

Outreach

The aim of Outreach support is to help you stay well. You can access Outreach support in a range of ways:

- at your home
- to attend appointments or other personal activities
- with a group for social or learning activities.

You will work with your peer support worker to identify flexible and personalised options.

Use the QR codes to take a closer look inside the Resolve centres:

