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# Recovery Coaches and You

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Recovery is an important part of the mental health journey for many people.

To support psychosocial participants with recovery, the NDIA have now added 'Recovery Coaches' to the supports a person with psychosocial disability can get in their NDIS plan as of 1 July 2020.

### What is a Recovery Coach?

A Recovery Coach provides support to people with psychosocial disability to live a full and contributing life. They can assist you to take more control of your life and better manage some challenges of day-to-day living. They provide coaching and capacity building, e.g. in strengths and resilience. They work with you, your family, carers and supports to create and implement a recovery plan. Plus, they assist with linking your NDIS and other supports.

When thinking about the supports you would like with your NDIS plan, it is worth considering whether you would benefit from the support of a recovery coach with your plan.

If you get support from a Recovery Coach as part of your plan, you will be able to choose between:

- A lived experience recovery coach – someone who uses their lived experience of mental health and recovery to inform the support they give you, or
- A learned experience recovery coach – who has learned the skills necessary to support you with your recovery planning, through professional experience and/or study.

Recovery Coaches are just one of the supports available with the NDIS and they may or may not be right for you.

For more information:

- See the NDIS website: [Psychosocial recovery coach](#)
- Look at their [brief booklet](#)
- Read their [full information paper](#).