

Mental Health & Social Work

Mental Health & Social Work Support

Daily living supports focus on the practical side of life — the routines, tasks, and activities that help people stay independent, connected, and comfortable in their day-to-day world.

Support is flexible and shaped around what *you* need, not a fixed checklist.

How this support may help:

- Talking through stress, overwhelm, or emotional exhaustion
- Support during life changes, loss, or relationship strain
 - Building routines, confidence, and coping strategies
 - Practical problem-solving and planning
- Gentle support with decision-making and boundaries

How Social Supports SA *provides* this support:

- Non-clinical, conversational support
- Strength-based and paced to suit you
 - Focused on daily life, not diagnosis
- Delivered with respect, privacy, and care

Support can be short-term or ongoing, depending on what feels right for you.