

Who is CatholicCare?

CatholicCare, formerly known as Centacare, is the welfare arm of the Roman Catholic Church and has operated within the Archdiocese of Canberra & Goulburn for more than 50 years.

During this time CatholicCare has grown from the beginnings of a small volunteering organisation to the large multidisciplinary welfare agency it is today. CatholicCare operates with a simple and clear premise – to help people.

This aim has not changed over the years.

Helping people involves valuing, strengthening, assisting, supporting and caring for people who are less advantaged in our community.

Do I need to be Catholic to use CatholicCare Services?

The answer is NO. CatholicCare provides services to all members of our community. We ensure equitable access to all individuals using our services.

Privacy & Confidentiality

CatholicCare is committed to providing high quality services with respect to confidentiality, accessibility and equity to persons in the community. With this quality in mind we have also attained Quality Management System accreditation to ISO 9001:2008.

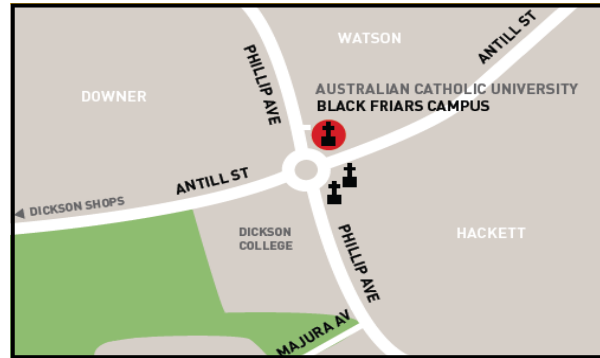


(Formerly known as Centacare)
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CatholicCare Canberra & Goulburn

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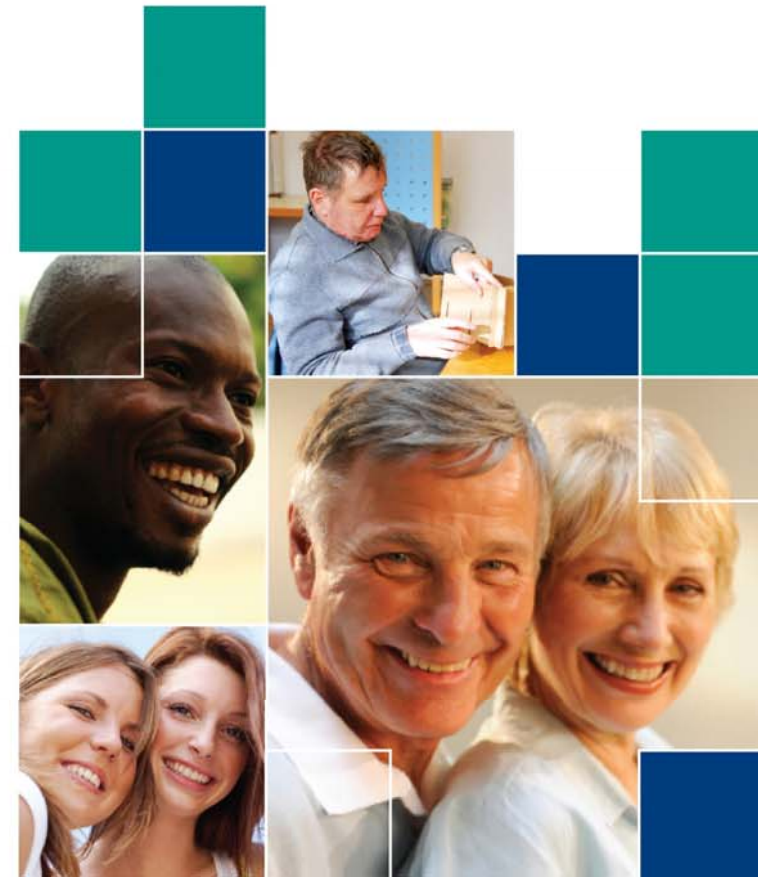
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SAILS

Strength, Advocacy,
Independence, Life, Skills



What is SAILS?

The SAILS Program is funded by ACT Mental Health and is delivered by CatholicCare Canberra & Goulburn.

The SAILS Program is an outreach community Mental Health program which provides support to people who:

- Experience Mental Distress
- Are over 18 years old
- Reside in the ACT

The SAILS program utilises a case management framework and recovery orientated approach.

The SAILS Program philosophy is based on the recognition that our relationship with the SAILS participant is more important than our relationship with their illness.

The SAILS Program staff work with SAILS participants by creating highly individualised recovery plans which are guided by the clients needs.

Our service aims to make goals which are growth focused while at the same time we recognise enduring barriers and different recovery pathways.

What the SAILS Program offers?

The SAILS Program staff work in partnership with SAILS participants by defining goals and work together according to a proposed plan. We aim to facilitate as many opportunities as possible for SAILS participants to achieve their goals.

Opportunities can include:

- Assistance to make links with the community
- Provide information and assisting with referrals to other services, activities and therapeutic groups
- Support in developing daily living skills (budgeting, shopping, cooking, washing etc)
- Encouragement to access educational and vocational trainings in order to expand employment options.

Referrals

To be eligible to apply for the program a person needs to have:

- Experience of Mental distress
- Be over 18 years of age
- Reside in the ACT
- Be willing to work in partnership with the SAILS worker

We accept self referrals, referrals from General Practitioners, Psychiatrists, Mental Health Clinical Workers and Psychologists.

Referral forms and more details about the program can be obtained by contacting **(02) 6163 7600**

The SAILS Program operates

Monday to Friday

9.00am—5.00pm

