

RECOMMENDED NEXT STEPS - PSR

Psychosocial Rehabilitation (PSR) Overview

ABOUT PSR:

PSR helps people live more independently while dealing with mental health challenges. Our program works with you to set your own goals and teaches you ways to manage your mental health and everyday life.

We aim to provide you with a daily routine that is predictable, consistent, and structured, and we always consider your suggestions and needs.

The PSR program focuses on what you can do well, not on your limits. It provides a caring environment where you can feel confident, learn new skills, and take pride in becoming more involved in your community. We are here to support you at every step, making sure you feel strong and understood.

At PSR, you'll practice handling responsibilities and making informed decisions - important skills for success in real life. As you grow, you'll gain the abilities needed to be an active part of your community. The friendships and support you gain will help you feel more independent.

Many people who join PSR discover new talents, make friends, and find ways to help their communities. This makes people feel more confident about handling daily life and dealing with mental health challenges, while also making them feel like they belong.

HERE'S HOW PSR CAN HELP YOU:



A plan just for you. Your PSR program is built around your personal goals and strengths, not what others think you should do.



Learning to speak up for yourself. The program teaches you how to be your own best advocate and express what you need.



Building everyday skills. You'll get help with practical things like housekeeping, meal preparation, managing money, personal hygiene, taking medications correctly, and using transportation.



Preparing for work. PSR offers pre-vocational activities, skills development, and helps you build positive work habits.



Connecting with others. The program helps you build relationships, practice positive social interactions, and participate in community outings.



Managing stress better. PSR teaches you about your rights and responsibilities, stress management techniques, and coping skills for difficult situations.



Support from people who understand. Certified Peer Support Specialists who have experienced similar challenges can share their personal journeys and wellness strategies.