

PARC guidelines

- PARC is a dry site, which means no substances are allowed on site and individuals are not to return substance affected. If this is a challenge, please speak to us
- PARC is a 100% smoke-free environment. This means no smoking is allowed within the building or on the grounds
- PARC respects the safety of all its participants. Threatening or abusive behaviour will not be tolerated

What to bring

- Bed clothes, robe and slippers
- Toiletries (toothbrush/paste, soap, deodorant, comb, shampoo, etc)
- Shaving equipment
- Sanitary items
- Day clothes
- Shoes/socks



Prevention and Recovery Care (PARC)

658 Nicholson Street
North Fitzroy VIC 3068
(03) 8481 3800

Wellways Australia Limited

ABN 93 093 357 165
Incorporating Australian HealthCall Group
QLD / NSW / ACT / VIC / TAS
1300 111 400 | wellways.org



1300 111 500
mental health, information,
support & referral advice
9am to 5pm Monday to Friday



Wellways respectfully acknowledges the traditional custodians of the lands and waters of Australia. We are committed to inclusive communities.



North Fitzroy Prevention and Recovery Care (PARC)



(03) 8481 3800 | wellways.org

What is PARC?

The Prevention and Recovery Care (PARC) program offers short-term residential support for people experiencing mental health issues, with the aim of preventing a possible hospital admission. PARC also offers recovery support for people leaving hospital, assisting the transition home.

The North Fitzroy PARC program is a collaboration between St Vincent's Mental Health and Wellways Australia.

St Vincent's provides clinical services at PARC, which include managing the symptoms of mental illness and supporting mental health PARC recovery.

Wellways provides day-to-day residential support, which includes developing confidence and independence with daily living skills.

The logo for Wellways Australia, featuring the word "wellways" in a lowercase, sans-serif font. The "w" is blue, and the "ellways" is dark grey.

Wellways Australia is a leading national mental health and disability support organisation with services in Queensland, Australian Capital Territory, New South Wales, Victoria and Tasmania.

What do we provide?

North Fitzroy PARC offers an individualised approach to supporting your recovery.

Key features of PARC include:

- Ten-bed, short-term residential service
- A stay of up to 28 days, depending on individual needs
- A safe, friendly and supportive environment
- An individualised plan to assist your ongoing mental health
- Staff support seven days a week
- Engagement with consumer peer workers
- Involvement of family members
- Support to manage daily activities (e.g. cooking, shopping)
- Building connections and engagement with community

Who is PARC for?

To be eligible for the PARC program, you must:

- Be between 16 and 64 years of age
- Be a current consumer of St Vincent's Mental Health
- Have a mental health issue which is causing problems or distress
- Have somewhere to stay after the PARC program
- Be well enough to receive treatment safely in a PARC setting and not be at risk of harming yourself or others
- Participate in the PARC program voluntarily

Referrals

Referrals come through St Vincent's Mental Health. PARC residents are clinically case managed by the St Vincent's clinical care teams.