

How to access C2bMe@home

Referrals to C2bMe@home can be made by GPs, seniors or their families, and other service providers.

Get in touch with the North Coast NSW C2bMe@home team to find out more.

1800 4 C2bMe (1800 422 263)
c2bmehomenc@uniting.org

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phn
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An Australian Government Initiative

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Continuing to be Me @ home

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Continuing to be Me @ home

Supporting senior psychological wellbeing at home



What is Continuing to be Me at home (C2bMe@home)?

C2bMe@home is a program that supports the emotional and psychological wellbeing of older people living in North Coast NSW, who are affected by COVID-19 restrictions. It aims to assist participants in continuing to live with purpose and dignity in their own homes.

The program provides face-to-face or telehealth sessions for targeted support of individuals, based on their specific needs.

Treatment is:

- Delivered in the older person's home or online
- Culturally-sensitive and inclusive
- Tailored to individual needs using techniques such as mindfulness, storytelling, and cognitive behavioural therapy.

C2bMe@home:



Delivers mental health support in the homes of older people.



Provides evidence-based psychological treatment for people with, or at risk of, mental health challenges.



Partners with families, carers and other providers to ensure holistic service.

Interpreter services are available on request.

Who is eligible for C2bMe@home?

C2bMe@home is a free service for older people:

- Living in North Coast NSW
- Over 65, or Aboriginal and Torres Strait Islander people over 50, who experience mild-to-moderate mental health challenges
- Impacted by COVID-19 restrictions.

