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What a recovery coach is

A recovery coach is an NDIS-funded worker. They help participants with psychosocial disability in their recovery journey.

Their aim is to help increase your:

- choice and control
- connection to your community
- job opportunities.

What a recovery coach is for

A recovery coach works with you to:

- build capacity and resilience
- find, plan and organise supports
- plan and maintain engagement through times when you need more support
- provide coaching to build on strengths, knowledge, skills, resilience and decision-making.

Recovery coaches can also help connect you with [community and mainstream services](#). This includes health and mental health services outside the NDIS.

They can help make sure all services work well together and stay connected.

What working with a recovery coach is like

You'll generally receive funding for a recovery coach if you have psychosocial support needs.

The number of hours funded for a recovery coach depends on your needs. Your [NDIA planner](#) or [NDIS partner](#) will help you work out how many hours you need.

For people with psychosocial support needs

A recovery coach will spend time with you and people important to you so they can get to know you and understand your needs.

They can help you:

- find out about different services and supports and how these can help you
- learn about evidence-based supports
- get support from mental health services
- better understand the NDIS.

You might find it helpful to choose a recovery coach with lived experience.

You can search online to find a recovery coach provider near you.

Your [support coordinator](#) or [my NDIS contact](#) can help find you a recovery coach.

Related information

[What is a support coordinator](#)

[What is a request for service](#)

[How to find other services and supports](#)

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