

New mental health outreach support service for young people in Perth's northern suburbs

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- **Youth mental health outreach service Amber Youth Wellness is up and running.**
- **The service will support young people aged 12 to 25 with moderate to severe mental health needs in Perth's northern suburbs.**
- **As an outreach service, the team are available to meet with young people where they feel most comfortable.**

Young people in Perth's northern suburbs whose lives are being impacted by moderate to severe mental health challenges will be able to access the support they need, with the launch of Amber Youth Wellness.

WA Primary Health Alliance (WAPHA), the operator of the state's three Primary Health Networks (PHN), engaged MercyCare to design and deliver a youth mental health outreach service for Perth's northern suburbs.

A detailed co-design process, involving a range of stakeholders and young people, uncovered important insights into the ways in which young people want to engage with a mental health and wellness service.

The result, Amber Youth Wellness, is a service empowering young people to play an active role in their own mental health management.

It offers:

- Counselling and other psychology expertise;
- Youth workers to help with other life challenges;
- Peer workers and group activities; and
- Access to a medical consultant for additional support.

Young people aged 12 to 25 can contact the service directly or be referred by their GP or other health professional.

SMS or call the team on 1800 800 046 or email amberYW@mercycares.com.au if you or someone you know is in need of support.

Comments attributed to Federal Member for Curtin, Ms Celia Hammond:

"Mental health support services for young people, particularly now as COVID-19 presents additional challenges, are vital.

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"I am thrilled to hear about the collaboration behind the service design. Involving different stakeholders and young people with lived experience ensures we can provide quality services that will be utilised and change lives," Ms Hammond said.

Comments attributed to WA Primary Health Alliance Regional Manager, Sue Lee:

"Central to the design process has been the understanding that it's about a young person's life, not just their mental health. It can be difficult sometimes for mental health to see itself in the backseat and not the driver's seat.

"Young people want the option to have a more active role in their own care planning and Amber Youth Wellness was designed with this in mind," Ms Lee said.

Comments attributed to MercyCare CEO, Anthony Smith:

"Many young people find that their need falls between the service eligibility cracks of too complex, or not severe enough. Amber Youth Wellness is a dedicated service available to support them.

"We are committed to young people having an active role in their own care, to shared care with other service providers, and opportunities for family/friends to be part of the therapeutic journey," Mr Smith said.

This activity has been made possible through funding provided by the Australian Government under the PHN Program.

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About Us: WA Primary Health Alliance shapes, strengthens and sustains a health system that works for people. As the operator of WA's three Primary Health Networks – part of the Australian Government national PHN program – we plan, guide and direct investment towards important primary healthcare services. Our state-wide structure and strong partnerships give us an opportunity to shape a health system fit for the future. By partnering with GPs, allied health professionals, service providers, government and community, we deliver better health, together. For more information, visit www.wapha.org.au