

# Supporting young people's mental health recovery

Mind's youth services





# The importance of youth oriented services

Mind is one of Australia's leading specialised community managed mental health organisations. We provide young people with services that are tailored to their needs as part of our work.

Research shows that approximately 75% of all forms of mental ill-health emerge in people before the age of 25 (Kim-Cohen et al. 2003; Kessler et al. 2005) and that adolescence and young adulthood are periods that significantly influence the course and severity of ill-health (McGorry & Purcell 2009).

Our youth services provide effective, evidence-based support that:

- is flexible and person-centred
- is strengths-based and goal oriented
- provides the young person with meaningful choices
- promotes active participation in decisions that affect them
- applies trauma-informed practice
- is family sensitive, promoting inclusion of family and other carers
- works in partnership with a range of care providers

All of our youth services have WiFi connectivity and have had young people inform their physical design.



# Mind's youth services

## Residential services

Mind runs bed-based services in Queensland and Victoria that specifically support people aged 16-25, including residential rehabilitation; supported accommodation for young people transitioning out of homelessness; and sub-acute, short stay residential prevention and recovery care services (also known as Step Up Step Down). Mind also provides a range of other mental health and wellbeing support services in Victoria and South Australia.

### Queensland

#### Youth residential rehabilitation services:

- Aitkenvale (suburb of Townsville)
- Annandale (suburb of Townsville)
- Caboolture (suburb in Moreton Bay Region)
- Logan (suburb in Moreton Bay Region)

### Victoria

#### Youth residential rehabilitation services:

- Rosanna (suburb of Melbourne)
- Traralgon (regional Victorian town)
- Wodonga (regional Victorian town)

#### Youth Outreach Recovery services:

- Rosanna (suburb of Melbourne)
- Traralgon (regional Victorian town)
- Wodonga (regional Victorian town)

#### Youth homelessness transition service:

- Clifton Hill (suburb of Melbourne)

#### Youth Prevention and Recovery Care (PARC) services:

- Bendigo (regional Victorian town)
- Frankston (suburb of south-east Melbourne)

#### Keep Embracing Your Success (KEYS) Out of Home Care

- South home (partnership lead by Anglicare Victoria)
- East home (partnership led by MacKillop Family Services)

#### Community Mental Health and Wellbeing Hubs for persons of all ages

- Wangaratta Mind centre (regional Victorian town)
- Wodonga Foodshare (regional Victorian town)
- Mansfield Family and Children centre (regional Victorian town)
- Lister House Bendigo (regional Victorian town)
- Mercy Health Wyndham (outer Melbourne suburb)
- Mercy Health Saltwater Footscray (suburb of Melbourne)
- Wonthaggi Hospital (regional Victorian town)
- Cowes - Bass Coast Health Community Hub (regional Victorian town)

### South Australia

#### Family Mental Health Support services

- Limestone Coast Always in Mind (regional South Australian town)

#### Psychosocial support in the community

- Mind manages a **headspace** centre in the north eastern Melbourne suburbs of Greensborough and Mill Park (Plenty Valley). Mind also delivers support from several other **headspace** centres in Victoria, supporting youth from 12 and up to 25 years of age.
- Mind has an Early Interventions Psychosocial Support Response in partnership with Orygen Youth Health.

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Mind acknowledges that Aboriginal and Torres Strait Islander peoples are the Traditional Custodians of the lands on which we work and we pay our respects to Elders past, present and emerging. We recognise the intergenerational impact of the history of invasion, dispossession and colonisation and are committed to the recognition, respect, inclusion and wellbeing of Australia's First Peoples.

Mind values the experience and contribution of people from all cultures, genders, sexualities, bodies, abilities, spiritualities, ages and backgrounds. We are committed to inclusion for all our clients, families and carers, employees and volunteers.



**Registered NDIS provider**

  
**mind**<sup>®</sup>  
 Help, hope and purpose

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