

The Rural Youth Mental Health Service is a community outreach program to support young people to overcome mental health challenges and isolation.

Rural Youth Mental Health

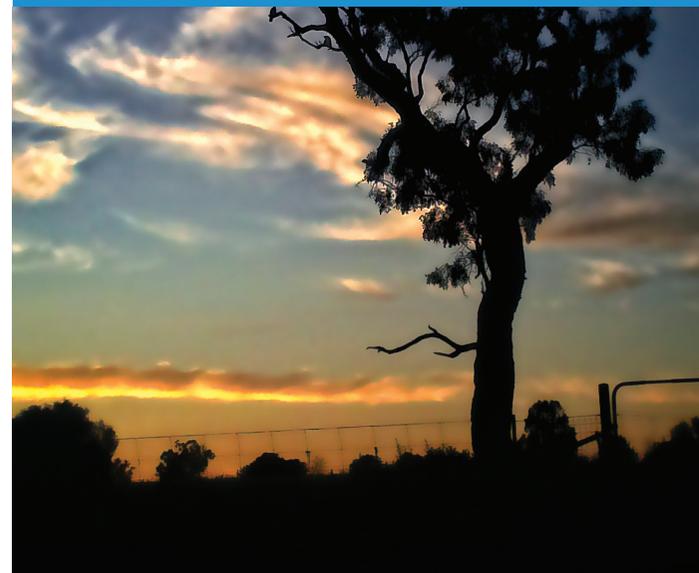
Rural Youth Mental Health service works with young people experiencing mental health concerns to work towards living the life they choose. We support young people to overcome barriers, learn new skills, connect with services and build positive coping strategies.

All of our work is focused on building the social and emotional wellbeing of young people. We help young people to recognise and manage their mental health concerns. We offer mental health interventions, case management and group work to reduce the impact of a range of difficulties on a young persons mental health and wellbeing. Our services are flexible, using a stepped care model.

We outreach to run wellbeing group work, provide one on one supports and therapeutic interventions. We work together with young people to arrange a personal service based on their own strengths and needs.

The program is funded by the Primary Health Network.

Rural Youth Mental Health



Providing Mental Health Support to Young People

To find out more information about our services, go to **benevolent.org.au**

Or connect with us at:
1800 236 762



Services

Rural Youth Mental Health services include:

- Individualised mental health supports
- Information about wellbeing and health through self services available online or in person in your community
- Connecting to social and community networks
- Referrals and case management
- Groups tailored to local community needs to promote social and emotional wellbeing

Eligibility

Rural Youth Mental Health service supports young people aged between 12 and 25 years who are experiencing mental health challenges like early warning signs of anxiety or depression, or are concerned about their mental health. A mental health diagnosis is not required.

Young people who are not eligible for this service will be linked with appropriate supports.

This is a voluntary, inclusive service, delivered in the community and provided to young people who may be feeling isolated and alone, unsure of what supports they need, need help to connect or reconnect with mental health services or have not used mental health services previously.

Are you or someone you care about experiencing any of the following?

- Feeling down, sad or upset
- Feeling stressed, nervous, anxious or worried
- Having difficulty talking about how you feel
- Needs support or someone to talk to about sexuality and gender
- Troubled relationships with friends, family or teachers
- Trouble sleeping
- Low self-esteem or confidence
- Feeling frustrated or angry
- Being bullied or teased or feeling picked on
- Loss of hope
- Finding it hard to cope

If you've answered yes to the above, Rural Youth Mental Health service can help.

Cost

The Rural Youth Mental Health service is offered free of charge. The Rural Youth Mental Health service is funded by the Primary Health Network.

Referrals

This service will accept referrals from anyone, including:

- Yourself
- Family members
- Other service providers
- General Practitioners
- Schools

Service locations

We offer outreach services to young people at any of the following locations:

- Home
- School
- Community Centre
- Library
- Parks

Rural Youth Mental Health services the following areas in Western NSW:

- Cobar
- Condobolin
- Coonabarabran
- Coonamble
- Cowra
- Forbes
- Gilgandra
- Mudgee
- Nyngan
- Narromine
- Parkes
- Walgett

Contact us

 1800 236 762

 rymh@benevolent.org.au

 @ruralyouthmentalhealth

 @ruralyouthmentalhealth