



The Rural Youth Mental Health Service is a community outreach program to support young people to overcome mental health challenges and isolation. The program is run by The Benevolent Society, Australia's first charity.

Discover what more
we could do for you.

📞 Call 1800 236 762 or 0401 673 747

✉️ rymh@benevolent.org.au

📶 Visit benevolent.org.au

📘 /ruralyouthmentalhealth

📷 /ruralyouthmentalhealth

This service is funded by:

phn
WESTERN NSW

An Australian Government Initiative

We are The Benevolent Society

We help families, older people and people with disability live their best life, and we speak out for a just society.

We're Australia's first charity. We're a not-for-profit and non-religious organisation and we've helped people, families and communities achieve positive change since 1813.



benevolent SOCIETY

Rural
Youth
Mental
Hhealth

Providing Mental Health
Support to Young People.



benevolent SOCIETY



We work 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.

What we do

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 therapeutic services, group work and case management to reduce the impact of a range of difficulties on a young person's health and wellbeing. Our services are flexible, using a stepped care model.

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

Services include

- Information about wellbeing and health through self services available on-line or locally
- Connecting to social and community network
- Referrals and case management
- One on one services with a mental health professional
- Groups tailored to local community need to promote social and emotional wellbeing

Who is eligible

We support 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 that 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 reconnect with mental health services or do not ordinarily access mental health services.

Is a young person you know experiencing one or more of the following?

- Feeling down, sad or upset
- Feeling stressed, nervous, anxious or worried
- Having difficulty talking about how they 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

Service locations

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

- Home
- School
- Community Centre
- Library
- Parks

Our service is located in the following Western NSW communities:

Cobar	Cowra	Narromine
Condobolin	Forbes	Parkes
Coonabarabran	Gilgandra	Walgett
Coonamble	Nyngan	



Cost

The Rural Youth Mental Health Service is offered **free** of charge funded by the Western NSW Primary Health Network.

Referrals

This service will accept referrals from anyone, including:

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