rym

rural young minds

A youth complex mental health service by Samaritans

Rural Young Minds (RYM) is a program for young people aged 12-25 years that have complex-severe mental health concerns.

We are funded by the PHN to provide services to residents of Muswellbrook, Cessnock, Singleton, Dungog and the Liverpool Plains shires and surrounding areas. *The aim of the program is to address **"the missing middle"** of mental health that has not previously had a focus.*

phn
HUNTER NEW ENGLAND AND CENTRAL COAST
An Australian Government Initiative

Samaritans
Compassion Integrity Justice
www.samaritans.org.au

Referrals to our service might look like:

- Ongoing anxiety and/or depression that is not improving despite therapeutic interventions
- A young person who is experiencing suicidal thoughts/ideation that may have a plan and intent (YP must be able to enact a safety plan)
- A young person that has attempted to end their life in the past two weeks and has since engaged with other services or their GP for management (YP must be able to enact a safety plan)
- Mental heath that is at risk of developing into an acute presentation
- Mental health concerns that impact a young person's ability to engage with social situations and appropriate everyday self-care and functioning

Young people referred to our service receive:

- Flexible appointment locations including Quirindi, Muswellbrook and the Upper Hunter including Singleton, Cessnock, Dungog and surrounding areas.
- A comprehensive mental health assessment
- Regular contact and follow-up by phone and face-to-face
- Psychological interventions to improve mental health presentation and symptoms
- Up to 6 months of support and intervention
- Referrals to acute service if required
- Referrals to lower level mental health service when required
- Engagement and case management with other services to further improve mental health

Young people are NOT required to have a mental health care plan for referral or engagement. Appointments with a GP are encouraged and greatly assist the improvement and long-term management of mental health and wellbeing.

Referrals to:
Ph: 1800 270 738

For information visit:
www.samaritans.org.au/service/rural-young-minds