

# Recovery focused clinical support

The YFlex team provides intensive clinical, recovery-focused supports, including:

- Flexible outreach mental health support
- Assessment and monitoring of mental state and risk
- Medication consultation and management
- Evidence based therapeutic interventions
- Group programs tailored to young people experiencing mental health issues
- Regular contact with a young person's family or support network
- Supported referrals to mainstream health services
- Interventions targeting issues such as:
  - co-occurring substance use, physical health, sexual health, homelessness, justice and financial stress.

## Our team

The YFlex service is delivered by a multi-disciplinary team consisting of:

- Allied Health Workers
- Consultant Psychiatrist
- Community Rehabilitation and Support Workers
- Peer Support Workers

# Find out more

To make a referral or for more information, contact the YFlex team.

## Neami YFlex

Phone: **8691 5353**

Email: [yflex@neaminational.org.au](mailto:yflex@neaminational.org.au)

Website: [neaminational.org.au/yflex](http://neaminational.org.au/yflex)

## About Neami

Neami National is a community mental health service supporting people to improve their health, live independently and pursue a life based on their strengths, values and goals.

## Our vision

Full citizenship for all people living with a mental illness in Australian society

## Our mission

Improving mental health and wellbeing in local communities

[www.neaminational.org.au](http://www.neaminational.org.au)

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# Neami YFlex

## Specialist mental health support for young people

[neaminational.org.au/yflex](http://neaminational.org.au/yflex)



This service is supported by funding from the Australian Government under the PHN Program

# Specialist mental health support

YFlex specialises in providing mental health support to young people (12-25 years) who face barriers to accessing mental health services.

YFlex support is tailored, responsive and specialised to the needs of young people and meets them where they are at on their recovery journey.

YFlex provides support to young people who are:

- Experiencing complex mental health issues
- At risk of developing complex mental health issues
- Experiencing emerging mental health issues and have difficulty accessing other mainstream mental health supports

## Flexible support

YFlex emphasises relationships and intensive psychosocial support with integrated clinical care.

Outreach support can occur in young peoples' homes or communities to allow more time for developing relationships with young people and their supports.

## The aims of YFlex

YFlex offers young people improved and timely access to specialist mental health supports, with the aim of:

- Developing a stronger sense of identity, optimism and hope
- Decreasing psychological distress and increasing coping skills
- Increasing social, educational and vocational functioning
- Increasing a sense of connection/belonging with local community
- Developing relapse prevention plans
- Decreasing problematic alcohol and drug use

## Working together

Understanding the importance of family and friendship networks to a young person's recovery, YFlex works collaboratively with family, friends and carers.

# Streamlined access

## Eligibility

- Live in or have links to the City of Whittlesea, and the southern parts of Murrindindi and Mitchell Shires, including Kinglake, Toolangi, Wallan and Wandong.
- Be aged between 12 and 25 years
- Experiencing emerging to complex mental health issues

If you have questions regarding eligibility please contact our office.

## Referrals

To make a referral or for more information, contact the YFlex team.

Phone: **8691 5353**

Email: [yflex@neaminational.org.au](mailto:yflex@neaminational.org.au)

When making a referral on behalf of a young person please discuss YFlex with them prior to contact.

Neami encourages referrals from people who identify as LGBTIQ, culturally diverse, Aboriginal or Torres Strait Islander people, and refugees.