

## Youth Outreach Recovery Support (YORS)

### What is Youth Outreach Recovery Support (YORS)?

*Youth Outreach Recovery Support (YORS)* is a Mental Health Community Support Service (MHCSS) for young people aged 16-25 years who are experiencing mental health symptoms or significant psychological distress. It will be delivered by existing *Youth Residential Recovery (YRR)* service providers across Victoria.

YORS is funded by the Department of Health to provide young people with short to medium term flexible outreach wellbeing support to help them to better manage their mental health, develop practical life skills for independent living and self-care, engage in community life, access other health and social support services they need, and make the journey towards recovery and the life they want.

### Who will benefit from YORS?

YORS is for young people aged 16-25 years in Victoria, who are experiencing mental health symptoms or significant psychological distress.

It will complement, but not duplicate, case management supports the young person may be receiving from other service providers (e.g. area mental health services, youth justice, out of home care and homelessness providers) by providing a psychosocial therapeutic response tailored to the needs of the young person. This includes providing young people with some access to the YRR group programs and activities on a day basis. This support can also be provided before or after a YRR bed-based placement.

### How do you refer to YORS?

Young people can self-refer to YORS. With the young person's consent, referrals can also be made by family members or carers, schools, youth services, GPs, private and public mental health clinicians, headspace, Prevention and Recovery Care Services (PARCS), as well as health and social support services such as those related to: homelessness, justice, out of home care, and substance use or addiction.

### Referrals through ACSO Intake

Phone: 1300 022 760 E-mail: [mhcss@acso.org.au](mailto:mhcss@acso.org.au) W: [www.acso.org.au](http://www.acso.org.au)

### If you would like more information, please contact:

#### YORS Co-ordinator

Kerry Osborne

M: 0456 748 806

E: [kerry.osborne@mindaustralia.org.au](mailto:kerry.osborne@mindaustralia.org.au)

#### YORS Co-ordinator Peer Practitioner

Rachel Lawrowicz

M: 0456 742 144

E: [rachel.lawrowicz@mindaustralia.org.au](mailto:rachel.lawrowicz@mindaustralia.org.au)

Areas covered:



Mind Connect

1300 286 463

Carer Helpline

1300 554 660



Youth Outreach Recovery Support

5/8-10 London Road

Wodonga VIC 3690

p 1300 286 463

e [mindconnect@mindaustralia.org.au](mailto:mindconnect@mindaustralia.org.au)

w [mindaustralia.org.au](http://mindaustralia.org.au)



Mind Australia Limited ABN 22 005 063 589