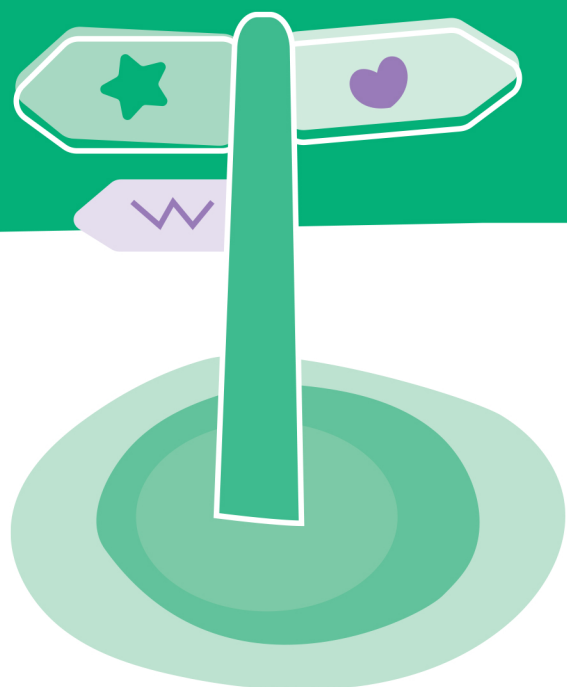


**Working out what is important takes time.
Knowing what helps is where we come in.**

Youth Outreach Recovery Support (YORS)

YORS is a welcoming and inclusive new service for people between 16-25 years of age living in Victoria who have been experiencing mental health issues for six months or more.



Talking together in a safe place is how we start.

Taking some time to know your story and what works for you.

Through talking, we get to know your needs and wants.

Knowing where you are at, we can support you to build the skills and make the changes to get to where you want to be.

Call 1300 003 224

to chat about what help looks like.

We work with you to understand what matters, what will help and how to build the skills to make a meaningful life.

Together, either face-to-face or over the phone, we offer support in all the areas that help to improve your mental health and wellbeing like:

- social relationships and connecting with other people
- physical health
- substance use
- recreation
- education
- vocational training & employment
- housing and other needs

Find the service closest to you

Youth Outreach Recovery Support (YORS)

Intake Services

North-West, Inner, Bayside

Neami National
1300 379 462

Email: intake@neaminational.org.au
Web: www.neaminational.org.au

North, East, South-East

EACH
1300 003 224

Email: YORSintake@each.com.au
Web: www.each.com.au

Regional

ACSO
1300 022 760

Email: mhcss@acso.org.au
Web: www.acso.org.au



The Youth Outreach Recovery Support is funded by the Victorian Government



We acknowledge the Traditional Custodians of the land we work on and pay our respects to Elders past, present and emerging.



We celebrate, value and include people of all backgrounds, genders, sexualities, cultures, bodies and abilities.