



P Y M S

PEEL YOUTH MEDICAL SERVICE

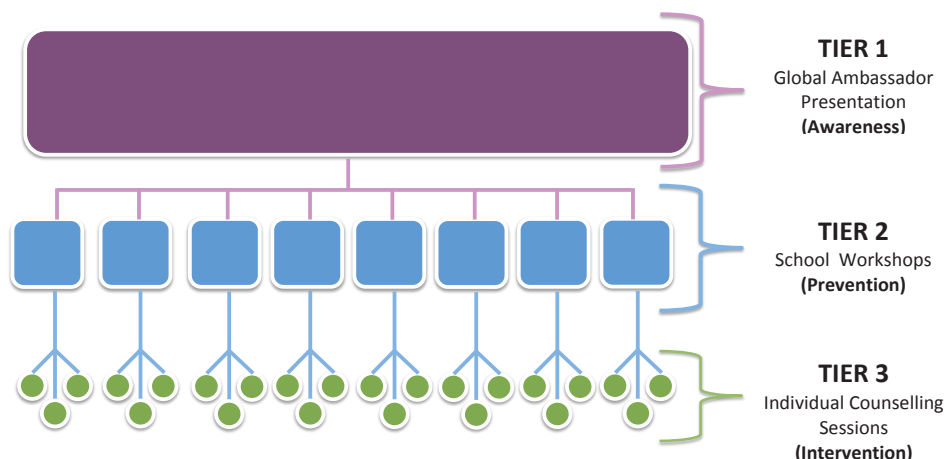
3 Tier Youth Mental Health Program

SUMMARY

GP down south have developed an innovative and unique Youth Mental Health Program to secondary students in the Peel region.

The 3 Tier Program aims to raise awareness of mental health issues and suicide prevention, encourages young people to talk about the issues and provides individual services to those requiring further support. The program further aims to:

- Raise awareness of mental health issues among secondary school students
- Engage students in discussion of mental health issues in a safe, interactive workshop settings.
- Deliver school based workshops on mental health and wellbeing topics.
- Encourage young people to identify when they need to seek help and how to refer a friend for help.
- Provide individual counselling/mental health treatment services to at risk youth.



Tier 1 Awareness:

Global Ambassador Presentation to schools by Heath Black. Heath has lived experience of mental health and an excellent rapport with young people. As a role model he addresses issues such as physical and mental wellbeing, overcoming life's obstacles, peer pressure, how to ask for help and the importance of leadership and teamwork.

Tier 2 Prevention:

School based workshops on mental health and wellbeing topics to engage young people and to offer the skills, resources and the right environment to discuss issues, breakdown stigma and barriers and encourage self-referral or support seeking activities.

Tier 3 Intervention:

Individual counselling/mental health treatment options accessible through schools, the Peel Mobile Health Service and the Peel Youth Medical Service (services operated by GP down south).

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