

StartUP

sessions

REFERRERS INFORMATION

The Oxygen Brief Interventions in Youth Mental Health (BIYMH) program is an evidence-based program that has been designed as an alternative service model for young people with **mild to moderate** mental health issues with **low complexity** and **low levels of risk** to self and others.

At **headspace** Bathurst, we are using the BIYMH program to deliver weekly 'information sessions' which function as an active waitlist as well as a soft entry for young people wanting psychoeducation on any or all of eight specific areas of mental wellbeing.

Young people are welcome to bring friends or family members, and each person is given a booklet to work on at home after each session. More complex clients are welcome to attend, providing they are with a worker.

Term 1 2018

15/1	Understanding and accepting myself
22/1	Sleeping well
1/3	Communicating with confidence
8/3	Understanding my anger
15/3	Understanding my moods and anxiety
22/3	NO SESSION THIS WEEK
29/3	Problem solving skills
5/4	Mindfulness and relaxation
12/4	Understanding and accepting myself

 **headspace**
National Youth Mental Health Foundation

Who

Young people 12-25 years old with **mild to moderate** mental health conditions with **low complexity** and **low risk** to self and others.

When

Thursday afternoons 3:45—5pm. No booking is necessary.

Where

The Hylite Centre, headspace Bathurst
102 Keppel St

Contact

Kellie Fuller on 6338-1122 or by email at kellie.fuller@marathonhealth.com.au

