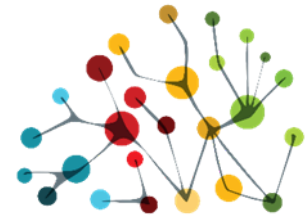




EYM-Y has been adapted by young people, for young people,
as part of a joint research project of
WISE IDEA and Monash University
MUHREC Project ID: 40598

The next stage of the project is to run the newly adapted program and we invite interested young people to take part in the program and evaluation

For more information, email
anne.miles@wiseemployment.com.au
or scan QR code below



Employ your Mind Youth (EYM-Y)

.....

*A program designed for
**young people with
mental health
conditions** who would
like to **improve their
thinking and
communication skills**
that are important for
**work, study and other
areas of life.***

.....

Thinking skills - also called cognitive skills or cognition - include concentration, planning and memory.

If a young person is experiencing difficulties with thinking skills, it can be difficult to keep track of information, stay focused, remember steps for a task or plan ahead.

For young people with mental health conditions, the improvement of thinking skills can lead to improved quality of life, independence, relationships and success in employment and study.

WISE Employment
empowerment through employment

 **MONASH** University



NEXT STEPS

For more details and to register
for the information session



Wednesday 19th June 4-5pm
headspace Box Hill
Suite 4 Level 1/19-23 Prospect St

PHASE 1
Explore
Your Mind

PHASE 2
Share
Your Mind

PHASE 3
Educate
Your Mind

PHASE 4
Know
Your Mind



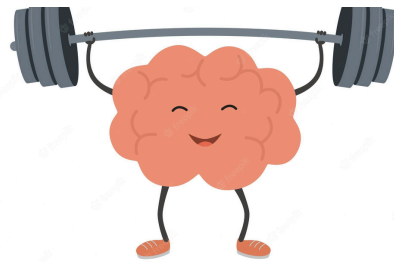
IS EYM-Y FOR ME?

Are you aged between 16-25 and interested in work, volunteering or study?

Would you like to improve your thinking skills, such as memory, concentration and problem solving?

Would you like to learn more about yourself, your skills and abilities?

Would you like to improve your ability to meet people, make friends and get along with others?



EYM incorporates cognitive remediation (CR) throughout the program

CR involves working on computer games and activities specifically designed to improve thinking skills such as concentration, planning and memory.



HOW DOES EYM-Y WORK?

Employ Your Mind - Youth is delivered in four Phases each lasting 4-6 weeks.

You can start with Phase 1, then decide if EYM-Y is a good fit for you before continuing with the rest of the program

Sessions are delivered individually in Phase 1, and in a group for the following Phases

Each session lasts for approx. 1.5 hours. There is one session per week in Phase 1 and two sessions per week for the following Phases