

PILLAR is a psycho-social support program that is being run by the Perth Inner City Youth Service (PICYS). The program caters for 15-18 year old youths with a diagnosed mental health condition, that have a number of added risk factors that impinge on them achieving their treatment goals.

**PILLAR is able to support these young people to:**

- Address their complex personal/social issues
- Develop and/or re-establish family/social and community networks
- Be empowered to participate effectively in their own care planning
- Effectively access services according to their ISP (Individual Support Plan)
- Achieve a good quality of life in:
  - Emotional, physical, material well being
  - Interpersonal relationships
  - Personal development
  - Self determination
  - Social inclusion
  - Rights
- Identify early signs of relapse and help them with appropriate psycho-social support, and when appropriate, to access clinical services.

**For a young person to be eligible for PILLAR they need to be:**

- Aged between 15 – 20 years old (inclusive)
- Intending to be a long term resident of WA
- At risk of homelessness or currently transient
- Seeing a mental health professional or willing to see one.
- Experiencing a number of these other issues:
  - At risk of self-harm
  - Suicidal ideation or attempts
  - Exhibiting anxiety or depressive symptoms
  - Exhibiting impulsive behaviours
  - Having difficulty maintaining relationships
  - Diagnosed with a mental illness
  - Misusing alcohol and/or other drugs

As an outreach program we are able to meet the young people where they feel most comfortable, for example; at their home, at a café or at a local library. We are able to support and transport a young person to appointments that help them achieve their individual support plan.

We have brochures and cards with our contact details for agency and young consumers. Please contact us so we can organise to send you these resources.

PILLAR staff members are also willing to come to your service to discuss the program in more depth at a convenient time for your service. Please contact our office and speak with a staff member to arrange an agency visit. Being an outreach program often means the office phone is unattended at times, so please leave a message if the phone is unattended and we will return your call as soon as possible.

Thanks for taking the time to read about our program, and we hope to be able to work collaboratively with you in the future.

If you have any questions or queries please feel free to contact us on the details below.

## CONTACT US

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