

PILLAR is a personalised psycho-social mental health service run by the Perth Inner City Youth Service (PICYS). PILLAR supports young people aged between 15 and 20 years (age at entry into program) with a diagnosed mental health condition, and other added risk factors impinging on their mental health recovery journey

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 15 – 20 years old when commencing engagement with PILLAR
- Intending to be a long-term resident of WA
- At risk of homelessness, currently transient or homeless
- 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, a public library or at a local park. We are able to support and transport a young person to appointments that help them achieve their individual support plan.

We also have open drop-in times we call Basecamp, for young people to access support and have the opportunity to participate in some activities. See Basecamp on our website. There are also some Basecamp sessions with specific purposes which are available by invitation, including Basecamp Be-well, Basecamp Be-Seen and Be-Heard and Basecamp aGender.

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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