



Anglicare WA's Service Offer

As part of the program, you will be able to choose the service you would like to support you. Anglicare WA is one of the services supporting young people accepted into YPSP.

Our aim is to improve your wellbeing and help in your recovery, supporting you to become more independent and have better quality of life.

With our support, and other formal or informal supports, you will be able to develop an individualised recovery plan. The plan is a guide to how you would like to be supported to live well in the community.



Government of Western Australia
Mental Health Commission

INTERESTED?

Speak to your Pillar representative who will be able to organise a meeting with us



anglicarewa.org.au
[@anglicarewa](https://www.instagram.com/anglicarewa)



YPSP

YOUTH PSYCHO-SOCIAL SUPPORT



YPSP is designed to assist young people with mental health challenges to participate more in their community, social and economic life.

The personalised program offers a variety of support services that help meet individual goals and needs, including support with everyday skills, finding accommodation and accessing other services.



Our team can meet you where you feel comfortable, including in your home, in a park or somewhere you decide.



How we provide our range of services

Our team includes peer workers, youth workers and specialist support staff, such as a Drug and Alcohol Worker and Employment Projects Officer. Our team guiding principles include:

Youth Work WA's Code of Ethics – A tool for supporting quality youth work practice, and for clarifying what youth work is about – both for youth workers themselves, and for those who come into contact with youth workers.

Trauma Informed practice – Understanding that a significant number of young people accessing support services have been exposed to multiple or ongoing experiences of trauma.

Youth-centred and Youth-friendly – We place the person, group or community who receives the service at the centre of determining what supports they need and how they should be delivered.

Strengths-based – We recognise there is great diversity in the youth population and acknowledge each person's unique perspectives, strengths, skills and needs.

Fiercely Inclusive – Supporting a broad range of young people, including people from culturally and linguistically diverse communities, Aboriginal and Torres Strait Islander people, lesbian, gay, bisexual, transsexual, intersex (LGBTI) people, people with disabilities, and their families and carers.

Anglicare WA has a lot of experience working with young people from all backgrounds. The kinds of supports we can offer include:

Personal development/life skills

- Support to set personal goals, work towards them
- Support to set a routine
- Strengths & Skills assessment
- Support to problem solve
- Access to group activities (outdoor, recreational & creative activities)
- Support to get ID, Driver's licence, MyGov

Stabilising Living Arrangements

- Independent living skills, such as cleaning maintaining your space
- Support to find &/or maintain accommodation
- Tenancy, rent & inspection knowledge & skills
- Cleaning products information & advice

Finances

- Support with budgeting
- Information on financial assistance options

- Support with online banking, Centrelink, MyGov, reporting income & payments, rent assistance
- Payslip, contract, debt, tax & superannuation info

Social skills

- Support to meet new people
- Advice to manage personal relationships
- Links to recreation, leisure & community groups

Health & wellbeing

- Managing sleeping, eating & personal routine
- Gym membership & access to health/wellbeing activities
- Support to access a health professional such as doctor, dentist, sexual health advice & smoking
- Specialist drug & alcohol support
- Self-care support & advice
- Referrals or support to engage in specialist mental health support

Family

- Support to manage family relationship
- Reconnecting with family
- Links to family support services

Employment

- Support through Anglicare WA's Employment Projects Officer
- Resume & cover letters, interview skills
- Work experience/volunteering options
- Career planning

Learning

- Links to study support & tutoring
- Cooking & healthy meal planning
- Driver's Licence support (Foyer's RYDE program)
- Cleaning workshops & inspection support
- Referrals for Barista, RSA, First Aid, Mental Health First Aid, other short courses
- Strengths & skills assessment
- Group learning opportunities
- Information & referrals for parenting