

More support for young people with complex mental health needs

Adelaide PHN and Sonder have opened the doors to **emerge** – a new, free service in Adelaide’s outer northern and outer southern metropolitan regions, specifically created to help people from 16-25 years old who are experiencing or at risk of experiencing severe and complex mental illness.

The program aims to help young people who might otherwise “fall through the cracks”.

Commissioned and funded by Adelaide PHN as part of a suite of mental health services across the metropolitan region, **emerge** has a specific focus on young people dealing with anxiety, depression, eating disorders, bipolar disorder, psychosis, trauma and borderline personality disorder, where these conditions are having a significant impact on their lives.

emerge will provide these young people with access to client and family-centred treatment that is specialised, clinical and evidence-based.

Within the new program, the young person, their family, clinicians, peer workers, care coordinators etc. will work as a team towards the goal of wellness and recovery.

emerge will operate from Sonder-run headspace centres - Edinburgh North and Onkaparinga - with services commencing on 11 February 2019.

Referrals can be received from GPs and other primary health care providers. Alternatively, young people can self-refer or be referred through a school or community worker. Families, carers or friends can also refer on behalf of the young person, however these referrals must take place with the person’s consent.

Adelaide PHN has also provided funding for additional youth mental health services at headspace Adelaide and Port Adelaide, and will announce further mental health services for Aboriginal youth in the coming months.

- For further information about **emerge**, please contact Sonder on (08) 8209 0700 or visit the website www.sonder.net.au.
- For more information on all Adelaide PHN-funded mental health programs please visit www.adelaidephn.com.au
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