



## What is the YIM program?

The goal of YIM is to provide accessible therapeutic support to underserved populations in the South West Sydney region. Psychological therapies are delivered by mental health professionals and are matched to your individual mental health needs.

One Door Mental Health offers support with YIM in the following LGA's:

- Bankstown
- Fairfield
- Liverpool
- Campbelltown
- Camden.

For more information, please contact the You in Mind Intake team at One Door Mental Health via:

**(02) 9199 6143** or  
**healthcare@onedoor.org.au**



**Free short-to-medium term psychological therapies and non-clinical peer support**

for people with, or at risk of, a diagnosed mental illness in South Western Sydney.



Program funded by

**phn**  
SOUTH WESTERN  
SYDNEY


An Australian Government Initiative





## Eligibility

**You in Mind** is for people over the age of 12 years that are living with moderate to severe mental ill health and part of one of the groups below:

- Does not speak English at home
  - Aboriginal and/or Torres Strait Islander
  - Aged 65+ years
  - LGBTQIA+
  - Resident of Wollondilly or Wingecarribee experiencing geographic isolation and social disconnection
  - Experiencing financial hardship (*you have a Health Care Card, Pensioner Concession Card or similar*)
  - Experiencing homelessness
  - Experiencing perinatal or postnatal mental health difficulties
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## How does the program work?

Once your referral is **processed by South West Sydney Primary Health Network (SWSPHN)**, you will **be linked to a mental health clinician** who will then contact you to book an initial appointment. Throughout your sessions with the mental health clinician, they may discuss with you about being linked in with PSP for additional psychosocial support.

## Who might you see?

Our accredited mental health clinicians may include: **psychologists, social workers, mental health nurses, occupational therapists and counsellors.**

## What is the YIM Peer Support Program?

**A team of Peer Workers** – trained support persons with lived experience of mental health – who work in close collaboration with You in Mind Clinicians to **maximise treatment outcomes and provide psychosocial support** throughout your time with the YIM program.

## How to access You in Mind for yourself?

We recommend that you **make an appointment with your GP** to discuss a referral to the program and to **arrange a Mental Health Treatment Plan** to access the service.

