

**emerge**

## Youth Mental Health Service for ages 16-25

For young people residing in the Northern and Southern regions of metropolitan Adelaide

### Community/Professional Referral Fact Sheet

Referrer to complete form, fax to Sonder on 8252 9433 and follow-up with a phone call to ensure receipt of referral. All details must be completed or referral shall be returned.

GPs should complete a MHTP for purposes of referral

Please note: High risk young people may not be appropriate for this service.  
Emergency mental health services can be contacted by calling or 13 14 65.

#### Referral Guidelines

**emerge** is funded by the Adelaide PHN, and administered by Sonder, to provide clinical therapy, care coordination, psychiatry review and peer support to young people **aged 16- 25 years**, within the Northern and Southern metropolitan regions of Adelaide. **emerge** aims to provide support for **young people with serious and/or complex psychological difficulties and needs** who DO NOT meet the criteria for Tertiary Government Mental Health Services, i.e.- not high risk, but needing support in multiple domains. If the young person is at high or acute risk of suicide or harm to others, please contact Mental Health Triage on 13 14 65 or emergency services on 000.

The primary mental health conditions appropriate for the **emerge** program include:

- Anxiety (Severe)
- Trauma
- Bipolar Disorder
- Psychosis (first episode or clients deemed 'at risk' of psychosis should be referred to the **headspace Early Psychosis Program** in the first instance by contacting headspace Adelaide on 1800 063 267
- Depression (Severe)
- Eating Disorders
- Borderline Personality Disorder

The services available at **emerge** include:

- Clinical therapy - for clients aged 16-25 with Mental Health concerns which have a severe and significant impact on functioning
- Peer support - by Peer Support Workers with a lived experience of mental illness and recovery.
- Care co-ordination - including organising services and support to ensure the young person has evidenced based care across multiple areas of need.
- Psychosocial Support - group programs (drop in groups, LGBTIQ group, Youth Reference Group, and a range of other special interest groups which vary each term including sessions for families/carers)
- Psychiatry - for young people deemed appropriate for **emerge** services who require clinical and medical review.

**In order for us to process referrals promptly, please ensure that you have included all relevant information.**

**emerge** is a service for young people between the ages of 16 to 25. We can only engage with young people who have provided consent to the referral. **emerge** is not a crisis/ acute mental health service.

Please note that receipt of the referral form does not indicate acceptance to the **emerge** service. All referrals are reviewed by the Duty/Triage Worker, who contacts the referrer if more information is needed, and discusses the referral with the young person/ and or parents/caregivers to ascertain the best pathway for the young person.

If you have any queries pertaining to your referral, please phone our service. To complete the referral, you must attach relevant assessment notes, discharge summaries and/or additional information. Please note- we are unable to provide medico-legal reports, but may be able to provide a note of attendance.

Waitlist- given the demand for **emerge** services, there may be a waitlist at times. You will be advised by the Duty/Triage Worker at the time of your referral. **We request that young people requiring urgent support seek assistance from their GP or local hospital should their situation change.** We recommend a list of services which young people can access while they are on the waitlist, including aheadspace and Beyond Blue.

## How to Refer

**Self-referral or Family/carer referral:** call our main office on 8209 0700, and the team will fill out a registration form with your details and main concerns. The Duty/Triage Worker will call the young person back to help identify the best pathway for the young person.

**Professional Referral:** GPs, Allied Health Professionals and educational institutions or other community services staff can refer young people to **emerge**. Please complete the referral form below- all boxes. The Triage Worker will call the referrer if needed to clarify information, and then call the young person.

Referrals from Tertiary Mental Health Services are not accepted at the current time. Sonder is in discussions with the Northern Adelaide Local Health Network, Southern Adelaide Local Health Network and the Women's and Children's Health Network to ensure that young people being supported by tertiary services may access the **emerge** service in a phased approach within the next 6 months via interagency agreements and supported transfer/s of care between **emerge** and tertiary services.