

headspace Youth Early Psychosis Program: Information for GPs



headspace
Bentleigh

About headspace

headspace provides support, information and advice to young people aged 12 to 25. We help young people with general health, mental health, education, employment, alcohol and other drug problems.

headspace Youth Early Psychosis Program (hYEPP)

hYEPP is a new service offered at designated **headspace** centres in each state and territory. The program focuses on early intervention, aiming to prevent disruptions in a young person's life and lessen the duration of untreated psychosis. The program offers intensive integrated services including case management for young people and their families for up to five years.

The program provides young people and their families with:

- evidenced based early treatment with a multidisciplinary team
- psycho education
- psychiatry support
- GP services
- comprehensive recovery programs
- outreach services
- after hours and crisis support
- support for family and friends

Eligibility criteria

- 12 to 25 years old
- Young people who are experiencing their first episode of psychosis, or
- Young people who are at risk of developing psychosis. This may include young people who have a family history of psychosis, have a decline in functionality, and/or have transient psychotic symptoms.



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Referrals

To refer, get in touch and let us know the details. If you're unsure about whether to refer or not, please don't hesitate to get in touch with us to discuss.

We'll confirm receipt of the referral and contact the young person within 24 hours to arrange an assessment.

If the young person doesn't meet the criteria for hYEPP, we will support them and their family to identify and engage with other services that meet their needs. This may include ongoing care within the **headspace** primary platform.

A GP's role

GPs can play a critical role in maintaining and improving a young person's physical health. Depending on the young person's consent, and where appropriate, the Continuing Care Team will provide regular feedback about the young person's management and progress.

The Continuing Care Team may also seek your expertise in managing the young person's physical health. The CCT can collaborate with you on issues in relation to prevention and early intervention of issues including sexual and reproductive health, weight and metabolic consequences of treatment, and comorbidities including alcohol and other drugs.

For more information on GP care of young people accessing hYEPP, please get in touch.

Contact details

headspace Bentleigh is part of the **headspace Victoria Youth Early Psychosis Program**

For up-to-date details of the other **headspace** centres offering early psychosis services in Victoria, please visit:

headspace Dandenong – headspace.org.au/dandenong

headspace Elsternwick – headspace.org.au/elsternwick

headspace Frankston – headspace.org.au/frankston

headspace Narre Warren – headspace.org.au/narrewarren