

“EIRP  
has helped  
me break  
barriers and  
recover.”

- PARTICIPANT

### REFERRALS

You can access this program if:

- You are/have experienced emerging mental health or an episode of psychosis within the last 2 years and live in the Perth Metropolitan area
- If you think you would be interested in the program, discuss with your mental health Professional (i.e. GP, Psychologist, Social Worker and Occupational Therapist). They can send through a referral directly to us.

If you don't have a mental health professional, don't worry, contact us to have a confidential talk.

Areas of support we can offer include:

- Getting back to study or work
- Building confidence and coping strategies
- Social opportunities

**THIS PROGRAM IS FOR PEOPLE  
BETWEEN THE AGES OF 16 – 30**

### CONTACT US TO FIND OUT MORE

Level 3, 9 The Avenue Midland, Perth WA 6056

EMAIL [teameirp@mifwa.org.au](mailto:teameirp@mifwa.org.au)

PHONE 9237 8900 FAX 08 9250 7337

### OPENING HOURS

Monday–Friday, 9:00am–5:00pm

[www.mifwa.org.au](http://www.mifwa.org.au)



MIFWA

MIFWA

**EARLY  
INTERVENTION  
RECOVERY  
PROGRAM**

**SUPPORTING YOUNG PEOPLE  
TO RECONNECT AND RECOVER**

## What is the Early Intervention Recovery Program?

MIFWA's Early Intervention Recovery Program (EIRP) supports young people aged 16 to 30 years who have been diagnosed with a mental illness including first episode of psychosis (within the past two years) to re-establish or maintain social, education and professional networks.

## How can we help?

We understand everyone's mental health journey is different, and so we tailor our supports around the individual's needs, aspirations, goals, and recovery. Our dedicated EIRP Team provides one-on-one support in a person's home and local community, working with them to set goals and to reconnect with their priorities.

## Help to get back into or start work or study

Operating across the Perth Metropolitan area, the areas of support we provide are:

- Establishing linkages with clinical teams to support overall mental and general wellbeing
- Assistance to get back into / to start work or study
- Support to find accommodation and access community facilities
- Opportunities to develop friendships and community connections
- Help with stress management, relaxation techniques and coping strategies
- Supporting confidence building and goal setting
- Social groups and activities
- Guidance in budgeting and managing finances
- Support around drug or alcohol usage.

## How it works

Following receipt of a referral from a mental health professional (i.e. GP, Psychologist, Social Worker, Occupational Therapist), a Community Mental Health Worker from MIFWA contacts the individual to talk about their situation and needs. Together, they develop a plan for the goals and supports needed to assist them to reconnect and recover.

EIRP runs for an initial period of six months however it can extend to up to a year.