



PARTICIPANTS' COMMENTS

"I would like to take this moment to express my gratitude to the wonderful, friendly and compassionate people at EIRP who spend their lives helping others. They certainly can make a big difference in people's lives and certainly have for me. The courses I've participated in since becoming involved with EIRP have helped me to resolve issues inside myself and also connect me with other people. It is a remarkable journey and things are looking bright. I say thank you to each and every one of you for being a guide and pointing me in the right direction."

"EIRP have helped me break barriers and recover from a non-medical point of view. They have assisted me in getting to know people who can relate to problems I have and discuss issues and ideas about how to deal with the problems in different ways. It's also a great experience to get to know others at a social level, and having people around a similar age makes the task much easier. The staff are very understanding and friendly, since they are eager to fulfil your needs to recover, whether it's for study or work, getting to know others, or you just want to get out there in the open world instead of being stuck in your room all day. For me, the Early Intervention Recovery Program has provided me with good friends, the help and assistance I've needed to get my future back on track and aiming towards my goals, and has given me a big boost in my bid to recover from my illness."

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 – 35.***

CONTACT US TO FIND OUT MORE

Level 3, 9 The Avenue Midland, Perth WA 6056

OPENING HOURS

Monday–Friday, 9:00am–5:00pm

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MIFWA EARLY INTERVENTION RECOVERY PROGRAM

*A SERVICE FOR YOUNG PEOPLE
RECOVERING FROM MENTAL ILLNESS*



EARLY INTERVENTION RECOVERY PROGRAM

EIRP runs group activities throughout the year. Activities and groups can change throughout the year depending on feedback and suggestions from participants. Our most popular groups which run throughout the month are listed below. These groups are open, you can come try and do not need to commit.

- Gaming (Northbridge)
- Walking (Beach and Nature)
- Fishing

EIRP also has many specialised groups/activities which have previously included:

- Art Therapy
- Paddling Group
- Weekend Retreat

MIFWA is a member of ReLink Australia which offers a range of activities and groups as a low cost.

Activities include:

- Gym
- Swimming
- Soccer
- Ten Pin Bowling

ARE YOU A YOUNG PERSON EXPERIENCING PSYCHOSIS OR MENTAL HEALTH?

MIFWA's Early Intervention Program (EIRP) is a program which offers practical goal orientated support.

The program, is initially for 6 months but can continue for up to two years. MIFWA EIRP operates across the Perth Metropolitan area and works alongside young people who are experiencing emerging mental health or psychosis.

We understand each individuals Mental health journey is different, so we tailor our supports around your needs, aspirations, goals and recover.

We provide one-on-one support in your own home and in your local community.

AREAS OF SUPPORT WE OFFER INCLUDE:

- Assistance to get back into employment or study
- Build confidence and coping strategies
- Help with stress management and relaxation
- Provide opportunities for friendships and community connections
- Obtain Accommodation
- Help with budgeting or finance
- Groups (Walking, Gaming, Fishing)
- Access community facilities
- Help to link with clinical teams for your mental and general wellbeing
- Support around drug use or alcohol
- Other activities that interest you

