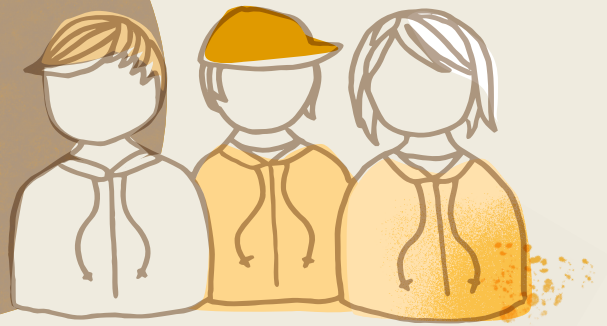


# WHO WE ARE & WHERE WE ARE



Orygen Youth Health (OYH) is a public mental health service for young people aged 15 – 25 years from the Western and North-Western areas of Melbourne. We work with young people who are experiencing problems with their mental health. We may provide support directly to a young person, help them to link in with other supports, or provide support to other people who are already in their network.

Young people come to OYH through all sorts of pathways. Some of the different people who might refer a young person to OYH are:

- a young person themselves
- parents, brother or sister, or partner
- doctor
- counsellor

You've been referred to OYH to get support in your recovery. Contact with OYH usually begins with an assessment of your mental health needs, which involves talking with a doctor and mental health clinician. You can find out more about this on the **Assessment and Diagnosis factsheet**.

After assessment, some young people keep seeing someone from OYH for treatment of their mental health problem (you can find out more about this on the **Who Provides Your Care? factsheet**). Young people can get support from OYH for up to two years, but the actual length of time that you will come to OYH will depend on what you and your Case Manager decide together.

Orygen Youth Health is based across a few sites. You may only go to one site the whole time you have contact with us, or you might go to different sites to get different kinds of support.

## **Inpatient Unit (IPU) and Youth Access Team (YAT):**

Mavis Street  
Footscray 3011  
IPU: (03) 8345 7550  
Triage/YAT: 1800 888 320

## **Our main outpatient clinics are based at:**

**Parkville Site**  
35 Poplar Road  
Parkville 3052  
(03) 9342 2800

**Sunshine Site**  
Visy Cares Hub, First Floor  
80b Harvester Road  
Sunshine 3020  
(03) 9927 6200

## **We also see some young people in our satellite clinic at:**

117-129 Warringa Crescent  
Hoppers Crossing 3029  
(ISIS Primary Care Building)

We acknowledge that some young people might find it harder to ask for support, or harder to come to services. All people who are referred to OYH should be treated with respect. You can find out more about this on the **Rights and Responsibilities factsheet**.

Mental health problems can happen to anyone, at any age. However, many mental illnesses begin in the teen or young adult years. It is estimated that as many as 1 in 4 young people will experience a mental illness at some time. The good news is that getting help early can reduce the amount of time that someone experiences a mental illness, can reduce the likelihood of them experiencing that illness again in the future, and can reduce the likelihood of that illness interrupting their relationships, work or study.