

HOPE

ORYGEN'S HOPE PROGRAM



WHAT IS HOPE?

Hospital Outreach Post-suicide Engagement program (HOPE) is a free, voluntary, person-centred 12-week program that supports young people aged 12-25 who:

- are experiencing suicidal thoughts;
- engaging in self-harm; or
- have recently attempted suicide.

WHAT DOES HOPE DO?

The HOPE team will support you to:

- develop plans to keep yourself safe;
- improve your skills for coping when things get tough;
- work with important people in your life to help them support you; and
- connect you with activities and hobbies that you enjoy.



WHO'S IN MY TEAM?

During your time with HOPE you can be supported by:

- a clinician;
- a doctor;
- a peer worker - someone who has been where you are; and
- a family therapist and a carer peer worker for your loved ones.

INCREASE
COPING
SKILLS



NEXT STEPS

Referrals to the HOPE program are made via **Orygen's Youth Access team (YAT)*** then a member of the HOPE team will be in contact with you soon.

If you need to talk to someone, please call **Lifeline** on **131 114**.

If you are in danger please call **000**.

* this is not a self-referral service. The YAT clinician will recommend the HOPE program if it is appropriate for you.

IMPROVE
CONNECTION



REVOLUTION
IN MIND *orygen*



IMPORTANT PHONE NUMBERS

Lifeline	131114
Kids Helpline	1800 55 1800
Beyond Blue	1300 224 636
Blue Knot (Trauma)	1300 657 380
QLife (LGBTQIA+)	1800 184 527
Emergency	000

ORYGEN LTD
IF YOU'D LIKE MORE INFORMATION ABOUT ORYGEN, PLEASE CALL +61 3 9966 9100 OR SEND AN EMAIL TO INFO@ORYGEN.ORG.AU
ORYGEN.ORG.AU

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FOLLOW US ON



Orygen acknowledges the Traditional Owners of the lands we are on and pays respect to their Elders past and present. Orygen recognises and respects their cultural heritage, beliefs and relationships to Country, which continue to be important to the First Nations people living today.