

## i.am is about hope

i.am (also known as the Youth Aftercare Pilot or YAP) is a psychosocial support service for children and young people experiencing suicidality.

Funded by the Ministry of Health, i.am aims to deliver community-based services to children and young people.

i.am has been co-produced by young people, for young people. So the support they receive is unique to them, their recovery and their hopes for the future.

## Helplines

Mental Health Access Line

**1800 011 511**

Beyond Blue

**1300 22 4636**

Kids Helpline

**1800 55 1800**

Lifeline

**13 11 14**

QLife

**1800 184 527**

SANE Australia

**1800 187 263**

Suicide Call Back Service

**1300 659 467**

Emergency Services

**000**

In case of an emergency, or immediate risk of harm to yourself or others, please contact emergency services on **000** or present to your local emergency department.

# i.am

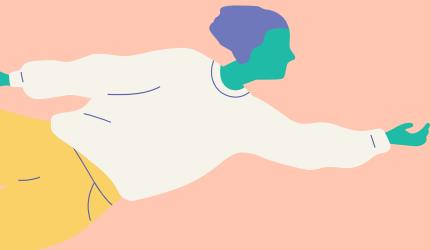
human  
complex  
authentic  
safe  
me

## Connect with i.am

1300 426 4373 (1300 IAM HERE)

iam@newhorizons.org.au

iam.liveshere.org.au



## i.am is for

Anyone aged up to 25 years, who have recently had a suicide attempt or are at high risk of attempting suicide. This service is available for children and young people living in Western Sydney, South Western Sydney, the Mid North Coast or Tamworth regions.

## i.am is a service

Specifically, a psychosocial support service that provides an individually tailored approach for every single child or young person. Our support is not the same for everyone! We can provide support in the home, local park, café, even shopping. As a service we work hard to achieve the goals they set, their way.

## i.am is referral based

Anyone can refer to the i.am service.

The young person you are referring must be under 25 and living in Western Sydney, South Western Sydney, the Mid North Coast or Tamworth regions.

### People who can refer:

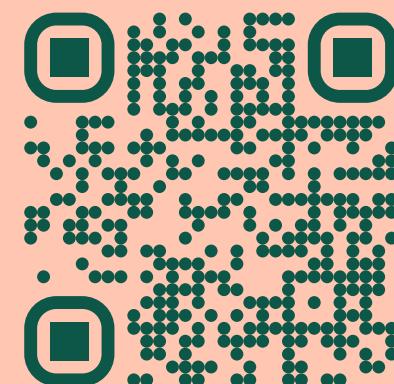
- GPs
- Hospital
- Friends
- Family
- Person needing support
- Schools
- Youth Services
- Anyone!



## i.am is simple

We have tried to make our referral process as easy as possible.

You can either complete the online form on our website, download the referral form from our website and email it to us at [iam@newhorizons.org.au](mailto:iam@newhorizons.org.au), or complete our online form via the QR code below.



Support lives here  
for children and  
young people