

The emerge service is funded by the Adelaide PHN, and delivered by Sonder. The service provides clinical therapy, care coordination, psychiatry review and peer support to young people aged 16-25 years, within the Northern and Southern metropolitan regions of Adelaide.

emerge aims to provide support for young people with serious and/or complex psychological difficulties and needs who DO NOT meet the criteria for Tertiary Government Mental Health Services, i.e. not acute risk, but needing support in multiple domains.

If the young person is at acute risk of suicide or harm to others, please contact Mental Health Triage on 13 14 65 or emergency services on 000.

**The primary mental health conditions appropriate for the emerge program include:**

- Anxiety (Severe)
- Trauma
- Bipolar Disorder
- Psychosis (young people experiencing first episode psychosis or deemed 'at risk' of first episode psychosis should be referred to the headspace Early Psychosis Program in the first instance by contacting headspace Adelaide on 1800 063 267)
- Depression (Severe)
- Eating Disorders (< 3 year duration)
- Borderline Personality Disorder

**The services available at emerge include:**

- Clinical therapy - for young people aged 16-25 with Mental Health concerns which have a severe and significant impact on functioning
- Peer support - by Peer Support Workers with a lived experience of mental illness and recovery.
- Care co-ordination - including organising services and support to ensure the young person has evidenced based care across multiple areas of need.
- Psychosocial Support - group programs (drop in groups, LGBTIQ group, Youth Reference Group, and a range of other special interest groups which vary each term, including sessions for families/carers).
- Psychiatry - for young people deemed appropriate for emerge services who require clinical and medical review. Note: referrals to psychiatry are made internally by clinicians upon acceptance to emerge program only.

## How to Refer

**Self-referral or Family/Carer Referral**

- To refer a young person to Sonder Edinburgh North, call (08) 8209 0700 or to refer a young person to Sonder Onkaparinga, call (08) 8186 8600, and the team will fill out a registration form with your details and main concerns.

- The Duty/Triage Worker will call the young person back to help identify the best pathway for the young person.

### **Professional Referral**

- Allied Health Professionals and educational institutions or other community services staff can refer young people to emerge using the referral form.
- GPs should complete a Mental Health treatment Plan for purposes of referral.
- Referrals require the consent of the young person and the young person should be available to talk at the time of initial referral.
- Please complete the referral form in full in order for us to process referrals promptly.
- The Triage Worker will call the referrer if needed to clarify information, and then call the young person and/or parents/caregivers to ascertain the best pathway for the young person.

### **Please note:**

- Receipt of the referral form does not indicate acceptance to the emerge service.
- If you have any queries pertaining to your referral, please phone our service.
- To complete the referral, you must attach relevant assessment notes, discharge summaries and/or additional information.
- We are unable to provide medico-legal reports, but may be able to provide a note of attendance.

### **Waitlist**

- Given the demand for emerge services, there may be a waitlist at times. You will be advised by the Duty/Triage Worker at the time of your referral.
- We request that young people requiring urgent support seek assistance from their GP or local hospital should their situation change.
- We recommend a list of services which young people can also access while they are on the waitlist, including eheadspace and Beyond Blue.

This service is supported by funding from the Adelaide Primary Health Network through the Australian Government's PHN program