



Supporting
you every
step of
the way

Get in touch

Uplift.Ipswich@Stride.com.au

Ph: 07 3280 7900

Fax: 07 3280 7999

26 East Street, Ipswich, QLD 4305

Hours: Mon 9am–8pm, Tues to Fri 9am–5pm

Uplift is co-located with headspace Ipswich,
supporting young people living in the
West Moreton region.

Uplift Ipswich is not a crisis service.

In an emergency call 000
or go to the emergency department.

24 hour phone counselling services are
available at Lifeline on 13 11 14 and
Kids Helpline on 1800 551 800.

Online and phone support is available from
eheadspace between 9am–1am (ADST), seven days a
week. Call 1800 650 890 or visit eheadspace.org.au.

Uplift is a youth mental health support program
delivered by lead agency Stride and funded by the
Darling Downs and West Moreton PHN to provide
care to young people aged 12-25 years.

STRIDE For better
mental health

Uplift acknowledges Aboriginal and Torres Strait Islander peoples as
the First Peoples of Australia and we pay our respect to their elders
past, present and emerging who we share this great country with.



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Uplift Ipswich
Youth Support Program

Stride.com.au

Welcome to Uplift Ipswich

You've been referred to the Uplift Youth Support Program to get support in your recovery. The Uplift Youth Support Program works with young people who may need more support than can be offered within 10 sessions under a Mental Health Care Plan.

Contact with Uplift usually begins with an assessment of your mental health needs with a mental health professional. Even though a mental health assessment isn't meant to be scary, we understand that it can make some people nervous.

This may be a one-off appointment or sometimes we might meet with you a few times to better understand what you're experiencing, and the hopes you have for your recovery. You can bring a family member or friend if you would like to.

After assessment, some young people keep seeing someone from Uplift, or we may help you link in with other supports such as headspace or within the community.

A case manager is your main point of contact with Uplift. We try to keep you connected with the same worker you saw for your assessment.

Your case manager may be a mental health nurse, psychologist, occupational therapist or social worker.

Most young people can get support from Uplift for 6 months, but the actual length of time depends on what you and your case manager decide together.

What to expect from Uplift

With Uplift, your treatment focuses on 3 areas:

1. **Symptomatic recovery**
 - When your mental health symptoms reduce or stop
2. **Psychological recovery**
 - When you feel hopeful about your future, know what things you find meaningful and feel more confident in managing wellbeing
3. **Functional recovery**
 - When you can do the things that are meaningful to you such as work, study, having hobbies or interests, or getting along with others

As part of Uplift, you can access:

- Counselling with specialist mental health professionals
- Medical support
- Support to get back to study or work
- Support with everyday life skills (e.g. budgeting, catching public transport, learning to drive)
- Creative therapy
- Social group activities
- Support is also available to your family and friends (we'll always talk about this with you first)

