

About YCATT

YCATT is part of North Metropolitan Health Service, Youth Mental Health. The YCATT team supports young people experiencing mental health issues in the North Metropolitan area.

If YCATT is the right fit for you, the team can provide mental health support for up to three months.

The YCATT team uses a person-centred approach towards all young people. We're here to learn what you want and need to support your mental health.

What services YCATT can offer:

offer:

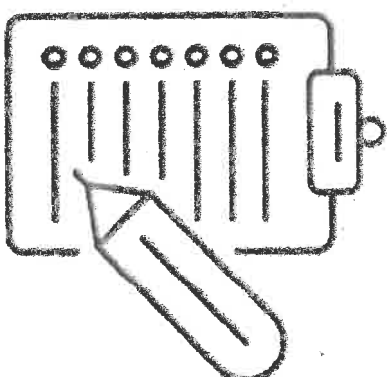
- A youth friendly service for 16-24 year olds.
- Short term mental health support for up to 3 months.
- We can also work with your family/carer/significant other to provide support.
- We will work with you to find longer term services in the community to support your mental health.

Flexible options available for attending appointments:

- Clinic based.
- In the community (e.g. your local cafe).
- In your home environment.
- Telehealth.

Who YCATT consists of:

We are a team made up of a Consultant Psychiatrist, Medical Officer, Mental Health Nurses, Social Worker, Occupational Therapist, Aboriginal Mental Health Officer and a Pharmacist.



The referral process:

- Once we have received your referral, a YCATT clinician will call you to arrange an initial meet and greet.
- During the initial appointment, the clinician will provide you with details about our service and answer any of your questions about what we do. The clinician will also work with you to identify what support you need.
- After the initial appointment, your clinician will give you some time to decide if you would like YCATT support. A phone call will be made to you within a couple of days to confirm if you'd like to engage or not.

Contact

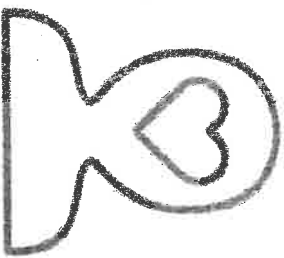
Phone: (08) 6382 3700 Fax: (08) 6382 3799

Email:

YCATT.NMHSTriage@health.wa.gov.au

Crisis Services Available 24/7

- Mental Health Emergency Response Line (MHERL) 1300 555 788
- CAMHS Crisis Connect 1800 048 636
- Crisis Care 9223 1111
- Lifeline 13 11 14



Notes



Government of Western Australia
North Metropolitan Health Service
Mental Health, Public Health and Dental Services



**Youth Community
Assessment Treatment
Team (YCATT)
for 16 - 24 Year Olds**

This document can be made available in alternative formats on request for a person with a disability.

One team, many dreams.
Care / Respect / Innovation / Teamwork / Integrity

NHM

