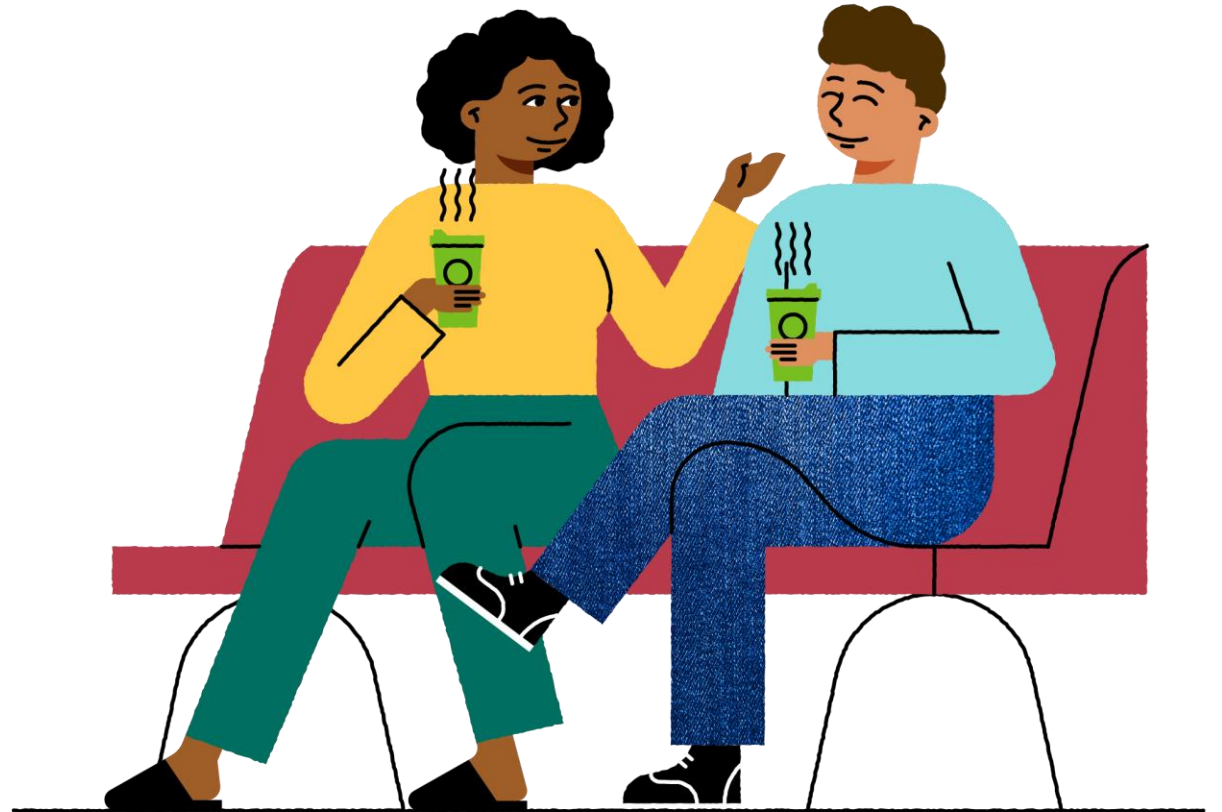




Lives **Lived** Well

Lives Lived Well's Youth Mental Health Services on the Gold Coast

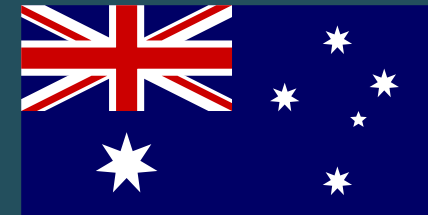
- headspace Centers at Southport and Upper Coomera
- Specialist services:
 - headspace Early Psychosis
 - Lighthouse





Recognition of lived experience

We recognise the contribution of people with a lived and living experience of mental health difficulties, problematic alcohol and other drug use, and suicidality to our work. We value the voice of lived experience, including families, carers and support people.



Commitment to diversity and inclusion

Lives Lived Well celebrates diversity and is committed to providing inclusive services and workplaces. Everyone has the right to live well, with dignity and respect. We offer support to all people without judgment or discrimination.



Free, confidential support for 12 – 25 year olds

- Timely access to appropriate care
- No wrong door
- Early intervention and health promotion to reduce stigma and encourage engagement
- ✓ Mental health – mild to moderate (tier 3, IAR level 3)
- ✓ Physical health and sexual health
- ✓ Alcohol and other drugs
- ✓ Work, school and study



headspace Early Psychosis

supports young people aged 12-25 who are experiencing, or at risk of developing a first episode of psychosis.

- an early intervention service providing wrap-around support for young people and their families/carers.
- This includes assessment, case management and specialty support from a multidisciplinary team including Psychiatrist and peer workers
- Services are provided from headspace Southport and Meadowbrook.



Lighthouse

 Lives **Lived** Well

- Co-located at headspace Southport and Upper Coomera
- For young people aged **12 – 18** living on the Gold Coast
- Specialized support for the impacts of past complex trauma
- Work with the young person and their carers/family/kin to better understand how past experiences of trauma are currently impacting their wellbeing and functioning, and learn new skills and ways of coping



And the important question: how do I refer ?

<https://headspace.org.au/headspace-centres/southport/>

[Lighthouse Referral Form \(liveslivedwell.org.au\)](https://liveslivedwell.org.au)

Early Psychosis duty phone 0423 614 781



thank you

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www.headspace.org.au/headspace-centres/upper-coomera/

www.headspace.org.au/headspace-centres/southport/

[Lighthouse - Lives Lived Well](#)

