

AT A GLANCE.....

Group programs
Referrals
Skill development
Outreach
Nutritional lunches
Social and recreational activities
1:1 work
Community inclusion

SOCIAL INCLUSION

It is now widely acknowledged that participation in society improves mental health, self determination and general functioning. That goes for all of us, but it is especially true that people living with a mental illness who receive well planned support in the community have a better quality of life. In short, social inclusion is integral to aiding 'recovery', which as Pat Deegan tells it, does not refer to an end product or result. (Recovery) is not an outcome but a continuing journey.

KONNECT

Konnect is a community based mental health service for adults living with a mental illness.

Kaiyu provides an environment where you can be supported to achieve your goals in life.

Konnect offers community and centre based activities with a focus on community inclusion.

Who can make referrals?

Self referrals
Community agencies
Caregivers
Service providers

Who can access the program?

Be over 18 years of age
Have a history of mental illness

Konnect hours....

Monday, Tuesday, Thursday
Friday—young people
1:1 by appointment

YOUNG PEOPLE

Kaiyu Konnect Early Intervention Program (KKEIP) Well is designed to support young people aged 18-25 yrs who are experiencing early symptoms of mental illness.

Program aims...

Education/relapse prevention
Social activities
Community inclusion

Program...

Group work/social inclusion (Fri)
1:1 social inclusions (by appointment)

Referral

contact Kaiyu for referral form
Mental Health Worker
Psychiatrist/Psychologist/GP
Service Providers

Access

Aged 18-25 yrs
Developed symptoms of mental illness in the past 5 years
Be in a non-acute phase of MI
Currently linked with a MH service

MISSION STATEMENT

Our service provides an environment where you can be supported in achieving your goals in life with a focus on community inclusion

OTHER KAIYU SERVICES

Community Based Activities

Gordon Ave Hamilton
Referrals by DADHC
Monday-Friday 9am-5pm
Ph: (02) 40233101
Funded by DADHC



USEFUL CONTACTS

Kaiyu Konnect.....40233101
Lake Macquarie Mental Health
Team.....49049000
Newcastle Mental Health
Team.....40164538
Hunter New England MH.....40335000
Psychiatric Emergency Centre.1800 655 085
ARAFMI.....49616717
Lifeline.....131114

KONNECT CONTACT DETAILS

PO Box 328 Hamilton 2303
8 Harrison St Cardiff
www.kaiyu.org.au

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youth@kaiyu.org.au

KAIYU KONNECT

- Konnect

- Young People



There is a great need to help the community recognise that variable mental health is a part of life.

We can build better communities through better including people with a psychiatric disability.

Funded by NSW Health