

Timely intervention for young people – tying psycho-education in with recreation and holidays.

St. Luke's Getaway program offers young people with serious mental health issues the opportunity to have a holiday whilst learning about better managing their mental health. The 'working holiday' format allows young people to mix and learn with their peers, as well as to experience a holiday and recreation opportunities which they may not have the resources to do. This presentation is a brief outline of the program and the psycho-education topics presented.

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