

## Early Intervention Recovery Team

### A peer-led program

Supporting you to achieve your goals and live the life you envision



*"I was encouraged to get out of the house, meet people, participate in activities and develop a healthy weekly routine. It was scary at first, but as I committed and continued participating. It got to the point where leaving the house seemed natural and I didn't seem to need the services anymore."*



For more information, contact the MIFWA Early Intervention Recovery Team on 9237 8900 or [eirp@mifwa.org.au](mailto:eirp@mifwa.org.au)



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supporting mental wellness + recovery

# About Early Intervention Recovery Program

**MIFWA's Early Intervention Recovery Program (EIRP) is for young people aged 16 to 30 years in the Perth metropolitan area who have been diagnosed with mental health challenges, including first episode of psychosis.**

We support you to re-establish or maintain social, professional and educational networks.

## How the EIRP Program Works

We accept self-referrals and referrals from a variety of sources, including GPs, mental health clinics, and non-government organisations.

Following receipt of a referral, a Recovery worker will connect with you to talk through your situation. Together, you will develop an Individual Aspirational (Goal) Plan, mapping out what is important to you and what you would like support with during your time on the program. We'll meet with you 1-on-1 to help you define these goals and break them into manageable steps, walking alongside you as you work towards achieving them.

The program spans 6 months and follows a phased approach, featuring a review of your goals at 3 months. As you build confidence and independence, the level of support will gradually decrease.



*"From encouraging me to get out of the house and helping me build confidence to take the bus again. I'm very grateful for your help."*

## How we can support you

Our Peer and Recovery workers can support you in various areas, including:

- Relaxation and stress management
- Budgeting, finances and Centrelink
- Employment resume and cover letters
- Exploring study and volunteering
- Independent living skills
- Communication skills
- Building a routine
- Social connection
- Public transport skills
- Obtaining ID and Medicare cards
- Obtaining Learner's Permit
- Accommodation options
- Hobbies and recreation
- Linking into other services and supports
- Support around drug use or alcohol

## EIRP Groups

EIRP runs groups based on participant feedback and suggestions, such as guitar lessons, paddling, walking, and art. These are open groups you can try without obligation to commit.