



## Youth Suicide Action Group Inc: Time Out Project

We provide a safe haven for young  
people at risk.



The Youth Suicide Action Group (YSAG)  
formed in Launceston in 1999, is an  
incorporated, community based organisation.  
Initiated The Time Out Project, as a refuge for at  
risk young people who may be recovering  
from attempted suicide or self harm or who  
are at risk of attempting suicide.





The Time Out House provides secure accommodation to young people from the age of 12 to 25 years of age.

A maximum of one client per weekend (*unless clients being referred are related*)

Some clients may have been discharged from hospital with no place to stay and others who need to be supported to provide a safe haven from a less than desirable environment.



From a referral process, clients are supported by a team of trained befrienders in a weekend stay at the House.

Clients come in at 6pm Friday and stay until 6pm Sunday

Two Befrienders volunteers per shift covering the weekend till Sunday night and if possible Monday morning

A night shift is 6pm until 9am, the day shifts are 9am until 6pm.





We believe the organisation is successful as we have supported over 70 young people over 210 weekends in the 9 years that we have owned the Time Out House. We only know of 2 of those clients have gone on to complete suicide.

We have also trained over 200 people in suicide prevention and active listening.

YSAG has also found that past clients want to become involved in our service once they have found stability in their situation. We currently have 2 of the 41 active befrienders as past clients.



The operation of YSAG for the next three years will cost around \$172,000 pa to provide this weekend respite.

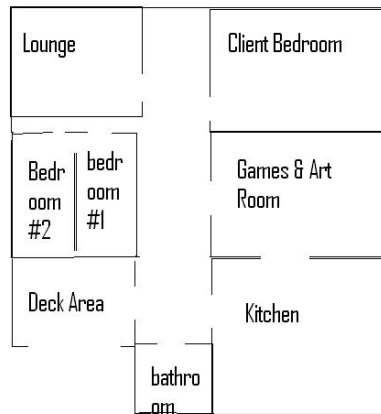


YSAG does not receive any Government funding and relies on other service groups and volunteers to assist with running cost for the house.

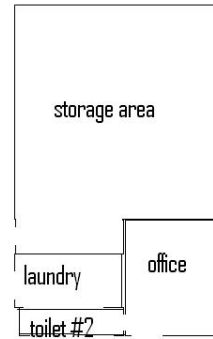


# Plan of Time Out House

## Upstairs



## Downstairs



### Sascha

Sascha, 14yrs of age at the time, was referred to us by the authorities, after all of her siblings had been removed from home, and her parents had made threats of violence toward her.

She had to leave a small country town, to spend the weekend with Time Out, and then be resettled the next week into a new home.

When we first met her, she was quiet, withdrawn, she hung her head low and wouldn't make eye contact. She would provide one word answers, "yes" or "no" and didn't really participate in conversation. However as the weekend went by, and she met our different volunteers, Sascha became more settled within the house and engaged in conversation. She became more relaxed, participated in board games and started to make jokes, showing quite a cheeky sense of humour!

On the Monday morning when it was time to checkout, we packed a lunch for her, ready for a big day of finding a new home and possibly a new school.

She looked quizzically at the lunch box and in a quiet voice said: "Nobody's ever packed a lunch for me before."

Sascha is now living with a foster family, a secure happy environment and she is intending to go on to further study when she completes college, possibly in the teaching field

*\*The names and some details such as locations have been changed to protect identity.*



***Our vision is to provide a safe haven for young people at risk.***

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