



The Luminos Project

*A sanctuary for youth
experiencing thoughts of suicide*



What is The Luminos Project?

The Luminos Project offers a free 5-day live-in program for young people aged 16–24 experiencing thoughts of suicide. It is a welcoming, safe and inclusive home-like space where young people can go when they need support the most.

Co-designed with experts and young people, the program provides compassionate care from a dedicated support team, including Youth Suicide Counsellors, Intentional Peer Workers, Kaya Peer Workers and Volunteers.



Who is The Luminos Project for?

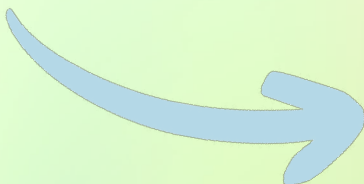
The Luminos Project is for young people who:

- Are aged between 16 and 24 years and 11 months.
- Experiencing suicidal thoughts currently or within the past month.
- Can engage with The Luminos Project staff during the intake process.
- Must have stable, long-term accommodation.
- Can safely and meaningfully take part in a 4-night, 5-day residential program.
- Are seeking a safe, inclusive environment that supports LGBTIQ+, neurodiverse and culturally diverse people.
- Can manage their own medical needs.
- Can abstain from drugs, alcohol and other substances without experiencing withdrawal for the duration of the stay.
- May have a mental health diagnosis or disability—support needs can be discussed during assessment.
- Can re-access the service after 3 months—eligibility will be assessed individually.

Who can refer?

Referrals can be made by the individual or by a family member, friend, or health professional.

Scan the QR code to fill out the pre-intake form or call (08) 6230 3903 between 9am–5pm, Monday–Friday.



What to expect from the stay?

Designed as a home-like environment, the residence offers guests the opportunity to participate in both structured and unstructured therapeutic activities.

Guests can expect to:

- Participate in daily skill-building groups focused on mindfulness, emotion regulation, and distress tolerance.
- Engage in 1-1 conversations with staff and volunteers, at least once per day.
- Participation in meal preparation with staff and other guests.
- Daily quiet time in the evenings to support relaxation and reflection.
- Active participation is required, including following house rules provided before entering the service.
- On the final day, a reflection meeting will be held to discuss progress, challenges, and any additional support needed. This can include a support person if desired.
- Counselling support, peer support, emotional support and collaboration with external services

What will happen when I leave the service?

On the final day, the team will sit down with the guest for a personal reflection meeting. A support person is welcome to join or the guest may attend alone-whatever feels most comfortable.

This meeting offers a chance to reflect on the stay, explore what has been learned, acknowledge any challenges faced, and celebrate the strengths discovered. Together, they'll also discuss any ongoing support that may be helpful after departure, ensuring the guest feels confident about the next steps.

How to get started?



STEP 1: Reach out

You, a family member, or someone helping can get in touch by:

- Calling us on (08) 6230 3903
- Complete the pre-intake referral form at ruah.org.au/the-luminos-project-pre-intake-form/ or via the QR code below.



STEP 2: Let's chat

Within a week, we'll call you for a chat to get to know you and hear what's important to you.



STEP 3: Intake

We'll have one or two intakes with you to learn more about what you need. We can meet in person, or we can give you a call if you'd prefer that. We'll also let you know if The Luminos Project is right for you or help you figure out other options



STEP 4: Getting Ready

If accepted, a team member will check in before the stay to ensure you have everything you need to feel comfortable, prepared and welcomed.

**Complete the Pre-intake form
or call (08)6230 3903**



Start Referral

Connect with us

The Luminos Project is open 9am– 5pm, Mon–Fri.

 (08) 6230 3903 between 9am–5pm

 luminos.project@ruah.org.au

 ruah.org.au/services-support/mental-health-and-wellness/the-luminos-project/

The Luminos Project is not a crisis or emergency service. If you are in an EMERGENCY or do not currently feel safe, please contact:

- Emergency services: 000
- Mental Health Emergency Response Line (MHERL): 1300 555 788 (Perth)
- CAMHS Crisis Connect (Under 18's): 1800 048 636

If you are currently experiencing a CRISIS, please contact:

- Lifeline WA: 13 11 14
- Suicide Call Back Service: 1300 659 467
- 13YARN: 13 92 76

We acknowledge the Aboriginal Peoples and Communities as the Traditional Custodians of the Land on which we work. We recognise and value Aboriginal people as the oldest continuing culture in the world and we pay our respects to Elders past and present. **Everyone is welcome. Everyone belongs.**



RUAH

Thank you to our funding partners:



Mental Health
Commission



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