



GUIDE FOR REFERRING TO YOUTHFOCUS

Youth Focus is a non-profit community-based organisation providing individual and family counselling to young people 12-18 years who are showing early signs of depression, self-harm behaviour or thoughts of suicide.

Counselling sessions for the young person adopt evidenced based practices and are conducted on a one-on-one basis by experienced mental health clinicians. This is a professional, no cost confidential service. Youth Focus clinicians can see young people within the school environment, provided there are at least two suitable referrals within that particular school. Our Education Development Coordinator is available to discuss this with your academic institution. Youth Focus also provides office-based counselling at a number of metropolitan and regional centres. For more information on these locations please visit our web site www.youthfocus.com.au.

Youth Focus also offers office - based Family Counselling, with the family identified as a partner in the therapeutic process. As a best - practice model for youth with mental health concerns our trained Family Counsellors work with family members to identify areas of strength and change.

The following information will be required to process a referral:

- What are the relevant factors leading to the referral ie bullying, family situation, trauma etc.
- Is there evidence of, or a history of, self-harm and / or thoughts of suicide?
- Are there any signs of depression/ and anxiety and if so, what symptoms?
- Has a risk assessment been completed?
- Based on a risk assessment, the young person is not experiencing a crisis requiring Tier 3 Mental Health Service intervention (eg CAMHS, Acute Community Intervention Team).
- Have you spoken with the young person and are they agreeable to participate in counselling.
- A parent or guardian is aware of the referral and has consented to the referral to Youth Focus for counselling
- Parent's name and contact phone numbers.
- If the young person is assessed as *a mature minded youth*, Youth Focus does not require parental consent; however we do require an adult emergency contact.
- Your service / school is in a position to release information where appropriate to Youth Focus with consent from the young person.
- If simultaneous referrals are in place with other support services please inform our Triage coordinator at the time of referral.

To make a referral, please call our Triage Coordinator on: (08) 6266 4333

Our Triage Coordinator is available to take suitable referrals¹ during the following times:

- Monday and Wednesday: 1pm to 5pm
- Tuesday, Thursday and Friday: 9am to 4pm

For any other enquiries relating to Youth Focus within the school, please contact Educational Development Coordinator, Belinda Cadman on (08) 6266 4333.

¹ Please note that Youth Focus does not accept faxed or emailed referrals.