

## NEED HELP?

Youth Focus offers counselling services from five offices, 40 Western Australian schools, outreach programs and headspace Centres in Midland, Albany and Geraldton.

Youth Focus also provides web-counselling to a number of remote locations that have limited access to mental health services.

**Phone: 08 6266 4333**

### **Burswood**

54 Goodwood Parade

### **Joondalup**

1/93 Grand Boulevard

### **Bunbury**

34 Wittenoom Street

### **Rockingham**

5/5 Goddard Street

### **Albany**

Office 7, 70 Frederick Street



## CONNECT WITH YOUTH FOCUS

08 6266 4333  
hello@youthfocus.com.au  
[youthfocus.com.au](http://youthfocus.com.au)

Youth Focus relies on the generous support of the Western Australian community and corporate sectors to provide its free mental health services.

To donate or find out more visit  
[youthfocus.com.au](http://youthfocus.com.au)

**YOUTH FOCUS IS  
NOT A CRISIS SERVICE.**

**IF YOU OR SOMEONE YOU KNOW  
NEEDS URGENT SUPPORT  
PLEASE CONTACT:**

**Suicide Call Back Service 1300 659 467**  
**Kids Helpline 1800 55 1800**  
**Lifeline 13 11 14**

 **youthfocus**



**SUPPORTING YOUNG  
PEOPLE AND THEIR  
MENTAL HEALTH.**

[youthfocus.com.au](http://youthfocus.com.au)

08 6266 4333 | [hello@youthfocus.com.au](mailto:hello@youthfocus.com.au)

   @youthfocuswa





Youth Focus is an independent for-purpose organisation and leader in youth mental health and suicide prevention in Western Australia.

Youth Focus operates with a team of highly skilled psychologists, social workers and occupational therapists to deliver a range of innovative and accessible mental health services and programs to help young people aged 12 to 25 lead full and healthy lives.

Youth Focus also engages with communities to educate and build awareness about youth mental health issues and suicide prevention.



Youth Focus offers a range of mental health services and education programs for young people, workplaces and members of the community.

### YOUTH COUNSELLING

Youth Focus operates a free counselling service for young people aged 12 to 25 who may be experiencing suicidal thoughts, depression, anxiety and self-harm.

The services of Youth Focus are delivered in several metropolitan and regional areas by mental health professionals who specialise in working with youth.

If you, or a young person you know has been:

- ★ Feeling low and erratic
- ★ Thinking about suicide and self-harm
- ★ Finding it difficult to motivate yourself
- ★ Experiencing sleeping difficulties
- ★ Feeling like you can't cope or manage
- ★ Lacking energy

**Contact Youth Focus.**

Making an appointment is simple.

**Call Youth Focus on 08 6266 4333** between 9am and 5pm, Monday to Friday or visit [youthfocus.com.au](http://youthfocus.com.au)

*Referrals can be made by family members, carers, GPs and health professionals, or by young people themselves*



### WORKPLACE, SCHOOL AND COMMUNITY EDUCATION

Youth Focus provides evidence-based mental health programs to schools, workplaces and communities across Western Australia. The programs cover a wide range of topics designed to help people identify and address potential mental health issues and develop the resilience to cope in the future.

### PEER SUPPORT PROGRAM

The Peer Support Program provides opportunities for young people to engage in recreational activities with other youth. Peer Support Days provide Youth Focus clients with a safe and supportive peer-based environment to practise the strategies and skills discussed in counselling, and an opportunity to develop social skills while connecting with others.

### MENTORING PROGRAM

The Mentoring Program supports young people who may be experiencing early signs associated with suicide, depression, anxiety and self-harm. Volunteer mentors are carefully selected and up-skilled to provide positive role modelling while assisting the young person to develop and enhance skills related to self-esteem, communication, relationships and trust.