

NEED HELP?

Youth Focus offers its services and programs from nine offices, schools, outreach and four headspace Centres.

For location details please phone or visit our website.

📞 08 6266 4333

🌐 youthfocus.com.au

🏠 **Head office**

54 Goodwood Parade
Burswood 6100

- YOUTH FOCUS OFFICE
- HEADSPACE CENTRE
- OUTREACH



CONNECT WITH US

08 6266 4333
hello@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.

Make a life-changing donation today at
youthfocus.com.au

**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



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

youthfocus.com.au

08 6266 4333 | hello@youthfocus.com.au

   @youthfocuswa



Youth Focus is a leading not-for-profit organisation that delivers innovative and accessible mental health services and programs across Western Australia.

Our vision is to optimise life opportunities for young people aged 12 to 25 experiencing mental health challenges.



We operate with a team of counsellors, psychologists and mental health workers to deliver a range of services and programs for young people, schools, workplaces and the community.

YOUTH COUNSELLING

A **free and uncapped** face-to-face counselling service for young people aged 12 to 25 who may be experiencing suicidal thoughts, depression, anxiety and self-harm.

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 us to make an appointment.

Call 08 6266 4333
between 9am and 5pm, Monday to Friday
or visit youthfocus.com.au

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

HEADSPACE

We are the lead agency for headspace Centres in Albany, Geraldton and Midland. headspace is a free service that provides health and wellbeing support to young people. Find out more at headspace.org.au

WEB COUNSELLING

Modelled on our signature counselling service, we operate WA's first **free** face-to-face web counselling service enabling young people in regional and remote areas to access support.

EDUCATION PROGRAMS

Evidence-based mental health programs for schools, workplaces and communities. Programs can be tailored to cover a range of topics designed to help people identify and address mental health issues.

GROUP-BASED THERAPY

Opportunities for current clients to engage in therapeutic activities in a safe and supportive environment.

MENTORING PROGRAM

Developing a positive and trusting relationship with a mentor can help young people on their road to recovery. Volunteer mentors provide positive role modelling while helping to enhance self-esteem, communication, relationships and trust.

VOCATIONAL SUPPORT PROGRAM

Helping clients with mental health challenges obtain and sustain meaningful employment or education.

PRIVATE ADULT COUNSELLING

A fee-based service for adults. For more information visit privateadultcounselling.com.au