



YOUTH FOCUS IS HERE TO HELP.

*Have you been feeling stressed, anxious,
depressed or lonely?*

*Do you want to talk to someone about relationships,
school, peer pressure or bullying?*

We provide a free, friendly and confidential web-counselling service to 12 to 25 year olds to help you build skills and resilience to address a range of stressful situations and emotions from the everyday, to those that relate to depression, anxiety, self-harm or thoughts about suicide.

Contact us today



youthfocus.com.au

08 6266 4333

If you or someone you know are in emotional crisis, please call Lifeline on 13 11 14

Youth Focus is committed to embracing diversity and eliminating all forms of discrimination in the provision of mental health services. We pay respects to Elders past and present and are committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people by providing services that are welcoming, safe, culturally appropriate and inclusive.

