



WHAT DOES YOUTH FOCUS OFFER?

Are you feeling sad, angry, lost or just unsure about how you feel? We can help with our range of professional mental health services:

- * *Counselling*
- * *Group sessions*
- * *Education*
- * *Mentoring*
- * *Employment & education pathways*

WHAT COULD YOUTH FOCUS HELP WITH?

- * Feeling unhappy, down or stressed a lot of the time
- * Change in appetite, eating or weight
- * Tiredness, lack of energy and motivation
- * Having difficulties with your family or friends
- * Change in sleeping
- * Thoughts of death or suicide
- * Being bullied, hurt or harassed
- * Unwanted thoughts and fears
- * Hurting yourself as a way of coping with difficult feelings
- * Need someone to talk to



NEED URGENT SUPPORT?

We're not a crisis service, but if you or someone you know needs urgent support, please contact:

Over 18 years old?

Mental Health Emergency Response
1300 555 788

Under 18 years old?

CAMHS Crisis Connect
1800 048 636

Are you Aboriginal or Torres Islander?

13YARN
13 92 76

Living in a regional area?

RuralLink
1800 552 002

Lifeline
13 11 14






MENTAL HEALTH SUPPORT FOR YOUNG PEOPLE



youthfocus.com.au

08 6266 4333 | hello@youthfocus.com.au

   @youthfocuswa



ABOUT YOUTH FOCUS

We support young people aged 12 - 25 to thrive, by helping to make sure that your mental health does not get in the way of you being who you want to be.

Our services are available at schools, at Youth Focus locations, in community or online.

Visit our website to learn more



SEEKING SUPPORT CAN HELP YOU NAVIGATE THROUGH PRESSURES AND CHALLENGES IF YOU'RE STRUGGLING.

DON'T BE AFRAID TO TALK TO A TRUSTED ADULT.

If you notice a friend not being their usual self, reach out and remind them they are not alone and help is available.

TALK ABOUT WHAT IS GOING ON. GET A SECOND OPINION FOR REASSURANCE AND SUPPORT.

5 TIPS TO STAY MENTALLY HEALTHY

- * Eat well and stay hydrated
- * Get enough sleep
- * Exercise
- * Surround yourself with supportive relationships
- * Get a second opinion from a trusted adult

It's ok to not be ok - reaching out for support can make a big difference.

