

# WHEN TO REACH OUT



## Not feeling like yourself?

If you're struggling to find interest and fun in the things you used to enjoy, or you are noticing a change in your appetite, energy and sleeping patterns, we can help figure out what's going on.



## Finding it hard to connect?

Friendships and relationships can have ups and downs. We can help you build strategies and skills to get through tough times.



## Working through challenges or issues

If you're facing challenges such as bullying, family conflict, school stress, or anything else impacting your wellbeing, we can help you to navigate what's going on in your life.

# WHO CAN ACCESS OUR SERVICES?

We support young people, of all genders and cultural backgrounds, who are:

- aged between 12 and 25 years,
- living in Western Australia, and
- ready and willing to engage with our services.



## Need urgent support?

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

Lifeline: 13 11 14

### 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 Strait Islander?

13YARN: 13 92 76

### Living in a regional area?

Rurallink: 1800 552 002



# MENTAL HEALTH SUPPORT FOR YOUNG PEOPLE.





## ABOUT YOUTH FOCUS

We support young people aged 12 – 25 by providing free, confidential mental health services and support.

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

Find out more



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

08 6266 4333

[hello@youthfocus.com.au](mailto:hello@youthfocus.com.au)

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## HOW WE SUPPORT YOUNG PEOPLE

Our support and services are flexible, so that you can choose what works for you, how often you access support, and where it takes place.



### Counselling & group programs

Counselling is a space for you to talk about challenges and to build skills and strategies to get through tough times, whether it's a one-off conversation, or ongoing support.

Our group programs provide an opportunity to learn new skills, and connect with other young people who have similar experiences.



### Work & study support

Alongside counselling, we can assist you to search for meaningful work, apply for jobs, and we'll support you once you've found work. We can also help if you want to study or take part in training programs.



### Education

We partner with schools and community groups to provide resources, skills, support, and education to help you better understand your mental health.



### Mentoring

Our mentors provide additional one-on-one support and guidance to help you gain confidence, and develop life skills.