



## WHERE WE WORK

Youth Focus provides services from metropolitan and regional offices (Burswood, Albany, Bunbury, Mandurah and Meekatharra) and is the lead agency for four headspace centres (Albany, Geraldton, Midland and Northam).

We also deliver counselling in high schools in the Perth Metro, Peel, South West and Albany. You can find more information about Youth Focus, our locations and opening times at [youthfocus.com.au](http://youthfocus.com.au)



Visit our website to learn more



## GET IN TOUCH

If you want to learn more about Youth Focus, or to speak to someone about our services, please get in touch.

Call: **08 6266 4333**

between 9am and 5pm, Monday to Friday

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

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

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

## 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**



## 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 supports young people aged 12-25 to thrive in their community.

We have a vision of a world where a young person's mental health does not get in the way of them being who they want to be.

We offer a range of high-quality, safe and accessible mental health services at no cost, to thousands of young people and their families each year.

In addition to counselling, we offer group-based therapy, mentoring and vocational support. We also engage with communities to educate and build awareness about youth mental health, suicide prevention, and crisis postvention.

**We offer a range of services for young people, in person, in schools, in community locations, and online.**

### COUNSELLING

We offer individual appointments with a Youth Counsellor. Counselling is a space for young people to talk about challenges and to build skills and strategies to get through tough times.

### GROUPS

We run various groups throughout the year which can be helpful to learn new skills and connect with other young people who have similar experiences. Some groups are designed to be an addition to individual therapy and others can be attended by anybody.

### WORK & STUDY GOALS

We have Vocational Specialists who can assist young people to search for meaningful work, write resumes, and apply for jobs. We also help young people to access the right training to reach their goals, and support them once they've found work.

### EDUCATION

Our education and engagement programs focus on giving young people and their communities the confidence to have meaningful conversations about mental health and seek help if they are experiencing mental health challenges.

### MENTORING

Mentors are people whose role is to build a supportive relationship with young people and work towards their goals. They can also help assist to develop skills in a range of areas such as self-esteem, trust, communication, and relationships.



### WHAT COULD YOUTH FOCUS SERVICES 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
- Can't deal with school or are finding it difficult to concentrate
- Losing interest and fun in activities that you once enjoyed
- Need someone to talk to