

WHEN TO REACH OUT

By working with young people at the beginning when things don't feel quite right, we can reduce the likelihood of a mental health challenge developing into a bigger problem.



Not feeling like themselves

If a young person is struggling to find interest and fun in the activities they used to enjoy, or you are noticing a change in their appetite, energy and sleeping patterns, we can help figure out what's going on.



Finding it hard to connect with others

Navigating friendships and relationships can be challenging. We can help young people build strategies and skills to get through tough times.



Working through challenges or issues

If a young person is facing specific challenges such as bullying, family conflict, school stress, or anything else impacting their wellbeing, we'll equip them with practical strategies and skills to help them navigate what's going on in their life.

We provide a safe, judgement-free space to help young people feel seen, heard and understood.



GET IN TOUCH



08 6266 4333
9am–5pm, Mon–Fri



hello@youthfocus.com.au



www.youthfocus.com.au



SCAN TO FIND
OUT MORE



EVERYONE IS WELCOME AT YOUTH FOCUS

**Youth Focus is not a crisis service.
If you need 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 Strait 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.



Youth Focus



“My counsellor is an amazing listener and has helped me learn to break out of negative thought spirals and practice a way of thinking that really helps.”

We’ve been supporting young people with their mental health challenges for more than 30 years.

- ✓ Our services are free, confidential, and can be accessed in person (at our locations, in schools and in community), online or over the phone.
- ✓ Our qualified and experienced psychologists, counsellors and mental health professionals deliver services across metropolitan and regional Western Australia.
- ✓ Our approach combines clinical research with decades of experience, and recognises the importance of early intervention.

Whether a young person needs ongoing support, or just a safe space to talk through a challenge or concern, we’re here to help.

HOW WE SUPPORT YOUNG PEOPLE

Every young person is different, and so are their needs. We offer a flexible range of services so that young people can choose what works for them, how often they access support, and where it takes place.



Counselling

Counselling is a space for young people 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.



Group programs

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



Work & study support

In conjunction with counselling, we can assist young people to search for meaningful work, apply for jobs, and support them once they’ve found work. We also help young people who 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 young people better understand their mental health.



Mentoring

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

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.

WHAT TO EXPECT

- » If you think we can help, give us a call or visit our website to request an appointment.
- » After the initial request, our team will contact you, or the young person you’re referring, to chat about what support might look like and arrange an initial appointment with a qualified youth counsellor.
- » The first appointment will be a chance to understand what’s going on for the young person. The counsellor will work with the young person to determine the type, number, and focus of each session, based on what they find most helpful and what they want to achieve.

