



the family centre

YOUTH & FAMILY —

MENTAL HEALTH SUPPORT



OFFICE LOCATIONS:

TWEED HEADS • TWEED HEADS SOUTH • MURWILLUMBAH
• BYRON BAY • BALLINA

www.thefamilycentre.org.au

WHAT IS YOUTH & FAMILY - MENTAL HEALTH SUPPORT?

Our Youth & Family – Mental Health Support program focuses on young people with mental health concerns. We support and assist young people and their families to identify and address emerging and existing mental health concerns. This can include facilitating access to a range of health and community services to improve mental health outcomes.

WHO IS IT FOR?

Young people aged 10-21 years and/or their parent/carer who are residents of the Byron and Ballina Shires. There is no cost for this service.

HOW DO WE SUPPORT YOUNG PEOPLE & THEIR FAMILIES?

We assist to identify strengths and develop goals that indicate how they would like things to be. Once goals are identified we work together to create a support plan, outlining how we can assist to achieve their goals.

The support plan is driven by the needs of the young person and their family and can include: counselling, relationships and parenting skill development, referrals, providing information about services and helping to access those services.

WHEN & WHERE

Youth and Family workers can meet with young people and families at our centres in Byron Bay and Ballina Shires, in schools, homes and other agreed locations.

Speak with an intake worker about
Mental Health Youth & Family Services
Ballina & Byron Shires (02) 6686 4109
9am–12.30pm Monday to Friday or
email info@thefamilycentre.org.au



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