



### Referral Criteria:

- Aged 0-18
- Resides in the City of Swan
- At least 1 adult willing to engage and support the young person through the program
- The young person's consent to engage in the program

We accept referrals from health agencies, schools, family members, or young people seeking assistance.

If you or your family need to Talk It Out, please contact our friendly team.

Phone (08) 9427 7100  
Email [info@talkitout.org.au](mailto:info@talkitout.org.au)

## Find out more about Talk It Out

P: (08) 9427 7100  
E: [info@talkitout.org.au](mailto:info@talkitout.org.au)



## Talk It Out Family Mental Health Support Services (FMHSS)



Talk It Out is a Family Mental Health Support Service funded by the Australian Government Department of Social Services



Supporting the emotional wellbeing of children and their families in the Swan area.



## Talk It Out-Family Mental Health Support Service (FMHSS)

Every family is unique with different circumstances, experiences, hopes and strengths. At times some families will need a helping hand and Talk It Out is here to assist where possible.

Talk It Out is a FREE service for 0-18 yrs old who are experiencing difficulties in their lives or at risk of developing a mental health issue. A holistic approach is utilised with the child or young person to identify their own goals and areas of strength in their lives.

Talk It Out is funded by the Australian Government Department of Social Services.

## Individual Support

Workers can provide individual support to children and young people to identify areas of strengths and concerns in their lives.

Support Includes:

- Informal counselling and mentoring
- Assistance to engage in social and community groups
- Advocacy, information, and education for young people and their family
- Collaboration and coordination with other community agencies
- Referral to alternative services if required
- Outreach support in the community at an agreed location

**Phone** (08) 9427 7100

**Email** [info@talkitout.org.au](mailto:info@talkitout.org.au)

## Group Support

To develop community and school engagement, the Talk It Out team offers specialised workshops to create a nurturing, fun environment where young people in the community can come together in a safe space to work on empowering and achieving goals. Each workshop is uniquely based around the culture needs of the community, and has the flexibility to be tailored to different interests or needs of young people.

Topics of interest may include:

- Family and relationships
- Safety-at home, schools, and the community
- Coping skills
- Understanding and managing aggression
- Mental Health and self-care
- Building self-esteem
- Managing emotions and feelings
- Bullying and conflict resolution

Have a question? Got a problem? Need some advice?

Let's Talk It Out