



## Get in touch

(08) 9427 7100

info@helpingminds.org.au

helpingminds.org.au



## Where we are

### Head Office

182 Lord Street, Perth  
Western Australia 6000

Broome  
Carnarvon  
Fremantle  
Geraldton  
Hillarys  
Joondalup

Mandurah  
Midland  
Perth  
Port Hedland  
South Lake



# Supporting young people at risk of mental ill-health

City of Swan · Midwest · Gascoyne · Kimberley



## Support for young people at risk of mental ill-health

The majority of mental health challenges will emerge before the age of 25. The earlier that young people at risk receive support, the more likely they are to cope with challenging situations and emotions.

It's not uncommon for young people to be overwhelmed by their emotions, particularly if they have no one to talk to, feel misunderstood or feel they have no one around them they trust.

### Early intervention can help with:

- Managing emotions
- Building self-esteem and resilience
- Family and relationships
- Coping skills
- Managing mental health and self-care
- Bullying and conflict resolution
- Assistance for young people and their families while navigating the mental health system



### Who we help

Our early intervention services include counselling, practical supports, workshops and programs, and are available for young people who have emotional difficulties or are at risk of developing a mental health challenge.

Early intervention services are available in the City of Swan, Midwest, Gascoyne and Kimberley, with our team based in Midland, Geraldton, Carnarvon and Broome.

### Workshops and programs

Our workshops are available in the school holidays, during the school term on school premises, and at our offices.

We have a variety of workshops designed to equip young people with strategies for making new friends, building self-esteem and coping strategies, expressing themselves and managing feelings of stress and anxiety.

To view our full range of workshops and programs visit our website [helpingminds.org.au](https://helpingminds.org.au)

## Counselling and Practical Supports

Counselling and practical supports are available for young people living in the City of Swan, Midwest, Gascoyne and Kimberley, who experience emotional or social difficulties and are at risk of developing a mental health concern.

Our free and confidential counselling for young people aged 7 to 18 years is flexible and can be delivered as individual appointments or in-school counselling sessions.

Practical supports are available for young people under the age of 18 and may include assistance with managing their daily routine or getting to school.

**For more information about HelpingMinds® counselling and practical supports please give us a call on (08) 9427 7100.**



“ I love my HelpingMinds worker. I wish I could see her every day!”