

## Who can access the Young Minds program?

Our program is available for young people aged 0-18 years who are experiencing difficulties in their lives or at risk of developing a mental health challenge.

Participants need at least one parent or guardian to support them in the program and must reside in the catchment area. For details on our catchment areas please contact us.

We accept referrals from health agencies, schools and family members.



## Find out more

For more information about our **Young Minds** program please contact us.

We offer a wide range of support and services for young people, families, schools and community groups.

Phone support is available for people in regional and remote WA who have someone close to them living with mental health challenges.

Get in touch today.

📞 1800 811 747

✉️ [info@youngminds.org.au](mailto:info@youngminds.org.au)

🌐 [helpingminds.org.au/youngminds](http://helpingminds.org.au/youngminds)



## Young Minds

Supporting the emotional wellbeing of children and their families in regional WA



Individuals pictured are models and are used for illustrative purposes only



## About Young Minds

**Young Minds is a program to assist families living in the Kimberley, Gascoyne and Midwest of Western Australia.**

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

We are a free service for 0-18 year olds who are experiencing difficulties in their lives or at risk of developing a mental health challenge.

A holistic approach is utilised with the child or young person to identify their own goals and areas of strength in their lives.

Young Minds is funded by the Australian Government Department of Social Services.

## Individual Support

We can provide individual support to children and young people to identify areas of strength and concern in their lives.

Support may include:

- 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

## Group Support

To develop community and school engagement, the Young Minds 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 cultural 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