

## Youth and Family Services

Support for children, young people and their families through counselling, mediation and group support.

Early intervention services are available for young people experiencing, or at risk of, homelessness and/or disengagement from family and/or community.

### Specialist services include:

- Youth Drug and Alcohol counselling
- Youth GP Clinic
- Youth Mental Health programs
- Mental Health education in schools
- headspace



EACH provides a wide range of free and low cost services to improve mental health and recovery.

Services are provided within a positive environment of welcome, empathy and hope.

For more details about any program and availability of interpreter service supports please contact EACH.

As a NDIS registered provider, EACH can support you through your approved NDIS plan.

 **1300 003 224**

 **info@each.com.au**

 **each.com.au**



# Mental Health Support

**each**  
health . hope . opportunity

## Mental Health Services

Support to people whose ability to manage their daily activities and to live independently is affected by mental illness.

A range of community-based, recovery oriented options that generate hope, new skills and opportunities.

## Aboriginal and Refugee Health Services

Culturally safe and competent support for Aboriginal and Torres Strait Islander and Refugee community members to access health and community services for their mental and physical well-being.

## Counselling Services

Psychological and counselling therapies offering support, treatment and recovery for children, young people, adults and families experiencing mental health issues.

Counselling is confidential and available for a broad range of issues including depression, anxiety, trauma, family violence, victims of violent crime, sexual and physical assault, grief and loss, stress management and other life difficulties.

## Carers Support Services

Flexible, responsive options for families, children and young people caring for or living with a family member with disabilities or chronic illness including mental illness, autism spectrum disorder and intellectual disability.

## Family Relationships Supports Services

Services include counselling, mediation, future planning, parenting orders, legal advice, and education support for carers and families.

Also information and support for people affected by family violence.

## Alcohol and Other Drugs Counselling Services

Alcohol, tobacco and drug education, health assessments and counselling for adults, youth and families.

Access to a range of treatment and support options including community based withdrawal and residential rehabilitation.

## Financial Counselling Services

Information, budgeting and debt-management options and advocacy to help people develop the skills, knowledge and confidence to take control of their financial situation.

## Gambler's Help Services

Information, education and counselling for individuals, couples and families experiencing gambling-related difficulties including financial difficulties and relationships, legal and emotional problems.

