

Youth and Family Support Services

We understand that parenting is a very important task in our community, and often it can be puzzling and difficult. Raising an adolescent can be particularly challenging at times and it is important to seek support when we need it.

Here are a list of services you may find useful in supporting your daughter and your family over the coming years. The list below is a small selection of local services which may assist you, however please note that new services are opening regularly and there may be a service more suited to your family's needs.

Headspace - youth and parent support.

Headspace is a National Youth Mental Health Foundation. They support students between 12 and 25 years of age by providing health advice, support, therapeutic intervention and information. Services are free (bulk-billed through Medicare). Students can access face-to-face support at a headspace branch, online chat support, and telephone support. This service has also commenced parent support services. It is staffed by qualified Psychologists, Social Workers, General Practitioners, Psychiatrists and other allied health professionals.

www.headspace.org.au
Nundah office : (07) 3370 3900
Redcliffe office : (07) 3897 1897

University Psychology Clinics

All of the major Universities have Psychology clinics which offer low cost services to the community. These clinics are usually staffed by University students (Undergraduate and Postgraduate) and supervised by experienced Clinicians. Please contact your preferred University Clinic for further information.

Caroline Chisholm School, Student and Family Support Centre

The Chisholm Centre represents a unique partnership between Brisbane Catholic Education (BCE) and Queensland University of Technology (QUT). They provide free support and psychological services to students, their families and school communities within BCE. Therapists are current postgraduate students in the QUT Master of Psychology (Educational and Developmental) program and have provisional registration as psychologists. A school referral form signed by the Principal and Guidance Counsellor, in addition to a parent permission form, is needed to access this service.

Kelvin Grove : (07) 3138 0999

Parentline - parent support

Parentline is a free telephone support services which is committed to supporting and nurturing positive, caring relationships between parents, children, teenagers and the significant other people who are important to the well-being of families. Parentline provides help through counselling, information and referral which is tailored to meet each callers' needs. To find out more about how Parentline works, or how they can help, speak to one of our counsellors, they are available seven days a week, between the hours of 8am and 10pm.

Parentline : 1300 30 1300
Email: parentline@boystown.com.au

Kids Helpline - Student support

Kids Helpline is a free online and telephone counselling service for individuals under of the age of 25 years. Kids Helpline is staffed by qualified professionals and is available 24 hours a day, seven days per week. They offer crisis support and counselling to assist youth with a range of issues. Mobile phone calls are also free from within Australia.

Kids Helpline : 1800 55 1800
Email: counsellor@kidshelp.com.au

Youth and Family Support Services

General Practitioner

Your local family doctor is able to assist you in directing or referring you to a range of alternative support services. If necessary, your GP may provide you with a referral to a Psychologist, Social Worker, or Occupational Therapist which will allow you to access Medicare rebates for support received by these professionals.

Centacare Catholic Support Services, Brisbane

Centacare Brisbane's core mission of strengthening families, supporting people and communities is performed through a number of constantly evolving service areas. Clients are supported through a range of programs and services including counselling, family and relationship education, mediation (family dispute resolution), domestic and family violence support and community development services.

Chermside Family Relationship Centre : (07) 3624 0100
www.centacarebrisbane.net.au

Child and Youth Mental Health Service (CYMHS)

The Child and Youth Mental Health Service (CYMHS) provides specialist mental health services for children and young people and assistance to their families or carers. CYMHS combines hospital and community-based facilities to provide free and confidential consultation, assessment and treatment of children and young people, up to 18 years of age, whose emotional and behavioural disorders are severe and complex or are at risk of becoming severe or complex.

CYMHS Nundah : (07) 3146 2300
CYMHS Strathpine : (07) 3817 6380
CYMHS Extended Hours Service : (07) 3636 9027

School Guidance Counsellor

The school-based Guidance Counsellor supports students in times of crisis or who are dealing with ongoing issues or situations which negatively impact on their coping or wellbeing. Issues which may impact on a student's coping may include, changing family circumstances, social-emotional difficulties, threats to personal safety, and academic and behavioural problems. Students are supported individually through counselling and referral where appropriate. While some students seek assistance themselves, others are referred to the Guidance Counsellor by concerned Pastoral Coordinators, teachers, School Leadership, and parents.

MMC Guidance Counsellor : Ms Brooke Daniels
Email : bdaniels@bne.catholic.edu.au

Useful Website

Here are a list of additional website and services you may wish to consider and explore.

www.beyondblue.com.au

Information and resources about depression and anxiety in Australia. They also offer support through referral information, fact sheets and chat pages.

au.reachout.com

Reachout is an Australian youth-friendly online mental health service which assists youth to find out more about mental health and seek support/solutions. They can access stories, videos, factsheets, guides, tools and even apps to help them get through 'the tough times'.

Parenting and Family Support Centre
www.pfsc.uq.edu.au

Relationships Australia, Parenting and Relationships Courses
www.relationships.org.au/what-we-do/courses

www.brisbanekids.com.au/parenting-workshops-in-brisbane/

www.lifeline.com.au

or phone : 13 11 14

Lifeline provides 24 hour telephone and online support to Australians experiencing a personal crisis.

www.cyh.com/teen

The Teen Health website has lots of information for teenagers on health, wellbeing and having fun.

