

Youth Support Services

Local information and details for the Lismore



DRUG & ALCOHOL PROGRAMS

Getting it Together

Provides intensive support and case management to 12-18 year olds with alcohol and/or other drug misuse issues. The program aims to reduce alcohol and other drug misuse and help young people find opportunities for positive change in their life by the creation of ongoing positive family and community relationships; building self esteem, personal growth and life skills; and addressing personal issues and health and educational problems.

Social Futures 16 Keen Street Lismore 2480
contact@socialfutures.org.au 0438 012 677

Intra Drug and Alcohol Outreach

Offers an outreach service for young people from 12 to 24 years of age. Even if you are younger than 12, Intra still invites you to call to discuss how they may be able to assist you. A counsellor can meet you where you feel most comfortable and chat about addressing any drug and alcohol issues you may have. The service offers both 1-on-1 and group counselling.

info@intra.org.au 02 6687 2835

Mirabel Foundation - Children Affected by Parental Drug Use

Addressing the needs of children who have been orphaned or abandoned due to parental drug use. The organisation supports children aged 0-17 years and works at restoring a child's sense of self-worth, belonging and hope for the future in order for them to reach their full potential as young adults. Mirabel provides advocacy, referral, research, practical and emotional assistance to the children and their kinship carers. Programs include therapeutic groups, recreation programs, youth support, education, family camps and events, respite, carer support groups.

www.mirabelfoundation.org.au 03 9527 9422
mirabel@mirabelfoundation.org.au

ACON Needle and Syringe Program

Provides free sterile injecting equipment and health promotion services to people who inject drugs. This helps reduce the transmission of blood borne viruses such HIV and Hep C and other related injecting related risks. The NSP provides the following: free sterile injecting equipment; Disposal of used equipment; Access to advise, support and relevant health information; Referral to internal and external services; Access to condoms.

27 Uralba St Lismore 02 6622 1555
northernrivers@acon.org.au www.acon.org.au

MENTAL HEALTH

Child and Adolescent Trauma Counselling

For adolescents to address traumatic reactions they may experience as a result of such things as sexual assault or family violence. The counselling program uses a variety of creative and expressive therapies to address the symptoms of trauma including sand tray and symbol work, drawing therapy, play therapy, relaxation and mindfulness. For young people under 16yrs old referrals for this service need to come through either Family & Community Services or JIRT.

Community Gateway 76 Carrington Street
counsellor@inci.org.au 02 6621 9861

Headspace

Headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds, along with assistance in promoting young peoples' wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services. The service assists young people who are going through a tough time. GPs, youth workers and counsellors are available for appointments, or you can drop in any time and they'll do their best to help you.

2A Carrington Street Lismore 02 6625 0200
enquiries@headspace-lismore.org.au

MENTAL HEALTH cont...

Northern Rivers Kids Counselling

A specialist private practice providing counselling services, practical parenting training, and clinical support services to children and families currently under child protection orders or within the care system. Specialising in assisting Out-of-Home Care Agencies and the Department of Family and Community Services with complex family restoration cases within the Northern Rivers. Services include counselling, art and play therapy, family therapy, kids anxiety, online teen counselling, parent/carer support.

Unit 15-16/ 8 Slade St Goonellabah 1300 211 198
olivia@nrkids.com www.nrkids.com/services/

MindShift Anxiety Assistance

MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. MindShift can help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle related issues.

www.anxietybc.com/mobile-app

Brave Self Youth Anxiety Program

An interactive, online program to help young people aged 12 to 17yrs with their worries and anxiety. The program provides ways for children and teenagers to better cope with difficult emotions and stresses. There are also programs for parents. You can go online to view a short video on how the program can assist you. Any young person who worries about things will find the program useful.

brave4you@psy.uq.edu.au
www.brave4you.psy.uq.edu.au

Lifeline

Lifeline is a national organisation providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services. Lifeline is committed to empowering Australians to be suicide-safe through connection, compassion and hope. No one needs to face their problems alone. Call the number provided here.

131 114 www.lifeline.org.au

SEXUALITY AND SEXUAL HEALTH

Lismore Sexual Health Service

Provides a range of free and confidential sexual health services, with specific programs for Youth under 26. The service is open Monday to Friday from 8:30am to 5pm - Wednesday's are for young people 26 years and under. An example of some of the services offered include: STI check ups and treatment; HIV testing, counselling, and monitoring; hepatitis C testing and counselling; sexual health counselling for clients, partners and families; and educational services.

Tara House 4 Shepherd Lane 02 6620 2980

AIDS Council of NSW

Assists LGBTI people and people with HIV take control of their health by providing a range of local services and supporting a variety of local community groups. It is a health promotion organisation specialising in HIV prevention, HIV support and lesbian, gay, bisexual, transgender and intersex (LGBTI) health. ACON provides services and programs concerning HIV prevention and Support / Sexual Health / Mental Health/ Alcohol and Drugs / Safety and Inclusion.

27 Uralba St Lismore 02 6622 1555
northernrivers@acon.org.au www.acon.org.au

ACON LGBTI Care Coordinators

ACON Care Coordinators help LGBTI people and people with HIV in regional NSW take control of their health by providing a range of local services and supporting a variety of local community groups. The Care Coordinators are allied health professionals who can help LGBTI clients with multiple and/or complex needs to: access relevant healthcare services; increase their ability to manage their care and treatment; and reduce social isolation. Care coordinators work with clients over 3 months to develop a care plan and provide support to help clients achieve their goals and meet their needs. The service is free and confidential. Priority is given to people with HIV, and people at risk or affected by HIV.

27 Uralba St Lismore 02 6622 1555
northernrivers@acon.org.au www.acon.org.au

YOUTH & FAMILY CASE MANAGEMENT

Youth & Family Support Program

Provides education, home visits, group programs, information, resources, advocacy and referral for young people and families. Family Workers offer emotional and practical assistance to young people seeking extra support and information to strengthen and maintain relationships. The service can offer information about other local programs and resources; provide assistance to contact other services; offer help to strengthen family relationships and functioning; and support to connect with other families and the community.

Family Support Network 143 Laurel Ave Lismore
02 6621 2489 admin@fsn.org.au

Connecting Families

Utilises case management, coordination and integration, service support, counselling and group programs to facilitate youth and family support structures that produce positive short and long term developmental outcomes for young people. The model offers home visits and coordinated referral and access to specialist services and utilises Family Support case managers, child support coordinators, counsellors and psychologists to work with clients via the creation of a Positive Engagement Plan and assist them to access specialist services and positive community activities.

NR Community Gateway 76 Carrington Street
02 6643 4726 caseconnect@Inci.org.au

Social Futures

Social Futures is committed to improving the lives of people in the communities they service by working directly with individuals, families and community. The organisation has 40 year's experience working in the field of social justice. The organisation delivers a range of youth and family services.

16 Keen Street Lismore socialfutures.org.au
0266201800 contact@socialfutures.org.au

New Horizons

New Horizons offers a diverse range of services and supports for young people and families looking to enhance their wellbeing. The organisation provides advice, connections and services people need to reach their goals. Programs for youth and families focus on disability and mental health supports, housing, Indigenous services, aged care and youth programs, and justice services.

6 Industry Dr, East Lismore
www.newhorizons.org.au **02 6626 0000**

GENERAL YOUTH SUPPORT SERVICES

Youth Connections Clubhouse

The Lismore PCYC has been providing educational, recreational and cultural activities to the local community since 1971. With passionate staff, a gym and a wide range of club activities for all ages, it's a great club to join. PCYC Lismore provides an extensive and varied range of fun, safe activities for young people and the wider community. It is focused on the reduction of crime by and against young people. Activities include gym and fitness, archery, boxing, gymnastics, martial arts and much more.

152 Keen St Lismore 2480 **0456 511 499**
theclubhouse@socialfutures.org.au

Reconnect - Youth at Risk of Homelessness Services

Assists young people at risk of becoming homeless due to the breakdown of family relationships. The service views the young person's issues in a broad and holistic manner, taking into account the impact of family attachments, as well as ruptures. Consequently the program seeks to address unresolved and ongoing conflict, and looks at what kind of alliances would be supportive to the young person. Staff work on stabilising the young persons living situation and strengthening relationships within the family as well as establishing wider connections in the community.

Social Futures 16 Keen Street Lismore 2480
contact@socialfutures.org.au **0438 012 677**

GENERAL YOUTH SERVICES cont...

Young Carers NSW

Young Carers NSW has an exclusive focus on supporting and advocating for all young carers in NSW. Young carers are children and young people, 25 years or under, who help to support a family member or friend who has a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who is frail. This service can link young carers with a range of free activities and support. It also offers an online discussion board where you can meet up with other young carers. Similarly, if you would like to have a talk with someone about the ups and downs of being a young carer you can call the number listed here.

yc@carersnsw.asn.au **1800 242 636**
www.youngcarersnsw.asn.au

YOWI - Youth Transport Program

Provides free regional transport assistance for people who generally have difficulty accessing public transport. The YOWI Youth Transport Service offers affordable transport for groups of young people age 12-20 who live in the Lismore, Kyogle, Richmond Valley and surrounding areas. YOWI will also arrange and subsidise travel for eligible participants to attend drug and alcohol free social, sporting or recreational events. Cost depends on your destination (kilometres travelled) and how many people are going.

37 Converys Lane Lismore
www.hartservices.org.au/ **02 6628 6000**

PCYC - Police Citizens Youth Clubs

The Lismore PCYC has been providing educational, recreational and cultural activities to the local community since 1971. With passionate staff, a gym and a wide range of club activities for all ages, it's a great club to join. PCYC Lismore provides an extensive and varied range of fun, safe activities for young people and the wider community. It is focused on the reduction of crime by and against young people. Activities include gym and fitness, archery, boxing, gymnastics, martial arts and much more.

Dawson St Lismore 2480
www.pcywnsw.org.au/lismore/ **02 6621 6276**

Kids Helpline

A free, private and confidential telephone, online and email counselling service for young people aged 5-25yrs old. Call the number provided here to discuss any issues of concern 24 hours a day, 7 days a week. It's free to call (even from mobiles) and you can talk about anything you like. The Web Counselling also lets you connect one-on-one, real time, with a Kids Helpline counsellor, over the web. Because a lot of young people use web counselling, there is often a wait time before a counsellor is available.

kidshelpline.com.au **1800 551 800**

