

# WELLBEING PROJECT



## Child and Youth Counselling Service

To learn more contact

North West Community Services

02 96273622 / [reception@nwcs.org.au](mailto:reception@nwcs.org.au) / Scan QR



**This program has been made possible by funding from Western Sydney Primary Health Network**



# NORTH WEST COMMUNITY SERVICES

## CHILD AND YOUTH COUNSELLING SERVICE



Child and Youth Counselling is a free and confidential service for children and young people.

Child and Youth Services provide a coordinated, holistic and multifaceted approach to supporting children and young people. We take a client centred strengths based approach that is respectful and supportive of clients and their families. Interventions used are individualised and developmentally appropriate, this includes expressive therapies such as Art Therapy and Sand Tray Therapy.

### Enquiries and Referrals:

- Child / young person not accessing counselling at any other service.
- We accept self-referrals and assisted referrals through parents, family members, friends, GP's, school counsellors, or other service provider's with the young person's consent.
- Referrals can be made via the phone, in person or via email through the Worker On Duty.

For information or referral please call Vanessa on 9627 3622.



### Issues we can help with include:

- Psychological and social issues, such as:
  - depression and suicidal ideation
  - self-harm
  - anxiety and panic
  - self esteem
  - grief and loss
  - stress management
  - emotional regulation
  - social skills
  - attachment issues
- Experience of trauma or abuse
- Sexuality and gender issues
- Alcohol and other drug use issues
- Behavioural issues
- Relationship issues
- Issues related to being in a vulnerable or "at-risk" situation (e.g. homeless, family conflict)



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