

# Services for Young People



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Adolescence is a time of transition from childhood to adulthood that many young people find difficult. MCHS provides services, many in school settings, designed to assist young people when issues of family dysfunction, poor self esteem, substance abuse, sexual health and sexuality arise.

The Youth Health Team based at the Vic Place site provides a range of free and confidential services for young people. These include:

## Youth Counselling

A short to medium term counselling service to young people aged 12-25 years old, who live, work, study or have a connection to the City of Moreland.

## School Focused Youth Service (SFYS)

SFYS assists Moreland and some Banyule schools and agencies to develop partnerships and enhance existing relationships which support young people 10-18 years old in continuing their education and in reducing the risk factors associated with self harm, mental health issues and suicide





## The Human Relations Program for young people with special needs

This program delivers innovative educational groups to young people aged 12-25 with Intellectual/Learning Disabilities. The eight week groups are run both at Coburg's Vic Place site at MCHS and in mainstream Secondary and Primary Schools, Special Schools, Special Developmental Schools, Day Programs and other community settings in the North Western region of Melbourne.

## TRACKS


A Youth Outreach Program that focuses on early intervention and education in drug and alcohol misuse in young people (16-25), TRACKS provides counseling, advocacy, referral to other organizations, harm minimisation, relapse prevention and educational programs.

## Y-GLAM Performing Arts Program

Y-GLAM is a performing arts project for same sex attracted and transgender young people between the ages of 14-25. Rehearsals occur weekly in the Brunswick area.

## Group Health Service for Schools and Community Groups

Group Educators are available for group health requests in schools. We work with primary, secondary schools and alternative educational settings within the City of Moreland. We are able to provide teacher professional development and/or facilitate a group program in your school.



# Commonwealth Respite & Carelink Centre / CarerLinks North

## Young Carers Program

A young carer is a person up to 25 years of age who provides the main care and support to a relative or friend who has a disability, a severe physical or mental condition, a severe drug or alcohol problem or is frail aged.

The aim of the program is to help young carers to complete their secondary schooling or training. The program provides supports to help them stay at school and better balance their education and caring roles.

The Young Carer Program can help with:

- Assistance with daily chores, e.g. personal care, shopping, cleaning, meal preparation
- In-home or other respite assistance
- School needs, e.g. tutoring, transport, camps, school uniforms and books
- Time-out, e.g. recreational program, social and fitness activities
- One to one support through a Young Carer Support Worker.

A Young Carer Support Worker can:

- Provide emotional support around the young carers' role and issues that arise
- Help the young carer with planning supports and respite to help them continue their education
- Help with the cost of respite
- Advocate with services and school about young carer needs.

How to contact us:

- Call 1800 052 222 and ask for the Intake Worker
- This service is a free service for young carers in the municipalities of Banyule, Darebin, Hume, Moreland, Nillumbik, Whittlesea and Yarra.



For more information on these services, or if you require an appointment, contact Merri Community Health Services today.

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