



TRACKS

Tracks is a Youth Outreach Program focusing on early intervention and education in drug and alcohol misuse in young people, aged 16 to 25.

The program offers counseling, support, advocacy, harm minimisation, relapse prevention, school educational programs and supported referrals.

Tracks provide a holistic counseling service that extends to marginalised young people in Moreland and surrounding suburbs. This includes experimenting with substance use that may be impacting on their ability to attain/maintain a healthy lifestyle. Tracks is a confidential voluntary service that empowers young people to make informed choices that promote social connectedness, physical and mental well being.

Referrals can be made by self referral, family members, schools, health professionals and community members.

Tracks also run a 5 week education group in schools and community settings.

For more information about TRACKS please call (03) 9355 9900 or email youthhealth@mchs.org.au.