

Health and wellbeing services for adolescents

Individual services

Women, Youth and Children Nutrition Service - Canberra Health Services

Women, Youth and Children Nutrition Service provides FREE assessment, counselling and advice for children and young people under 25 years. www.health.act.gov.au/services-and-programs/nutrition/women-youth-and-children-nutrition

For appointments contact Community Health Intake on (02) 5124 9977 or email WYC-Nutrition@act.gov.au

Children's Asthma Education Service - Canberra Health Services

The Children's Asthma Education Service (CAES) provides children, young people (up to the age of 18) and their families with initial and continuing support to manage their asthma.

health.act.gov.au/services-and-programs/women-youth-and-children/children-and-youth/childrens-asthma-education

Contact Children's Asthma Education Service on (02) 5124 9977

Eating Disorders Program - Canberra Health Services

The Eating Disorders Program (EDP) is a free community-based service that provides assessment and therapy programs such as Maudsley Family-Based Therapy for Adolescents from 12 to 18 years with an eating disorder such as Bulimia Nervosa, Anorexia Nervosa or Binge Eating Disorder. Eligibility criteria apply. www.health.act.gov.au/services-and-programs/mental-health/eating-disorders-program

Contact the Eating Disorders Program on (02) 6205 1519

Child & Adolescent Mental Health Services - Canberra Health Services

The Child and Adolescent Mental Health Services (CAMHS) Community Teams provide free assessment and treatment for children and young people under 18 years of age who are experiencing **moderate to severe** mental health difficulties.

www.health.act.gov.au/services-and-programs/mental-health/mental-health-services

Contact Child and Adolescent Mental Health Services on (02) 6205 1971



Winnunga Nimmityjah Aboriginal Health and Community Services

Winnunga Nimmityjah offers a range of health and wellbeing services for the Aboriginal and Torres Strait Islander community of the ACT. www.winnunga.org.au

Contact Winnunga Nimmityjah Aboriginal Health and Community Services on (02) 6284 6222

Accredited Practising Dietitians

Choose a private dietitian using the Dietitians Association's Find an Accredited Practising Dietitian webpage www.daa.asn.au/find-an-apd. Fees may apply for this service.

Next Step Programs - Capital Health Network

A number of free emotional health and wellbeing programs are offered through the Capital Health Network. www.chnact.org.au/mental-health-programs

Contact Next Step Programs on (02) 6287 8066 or email nextstep@chnact.org.au

Headspace Canberra

Headspace Canberra offers a range of services for young people from 12 to 25 years of age who are experiencing a tough time or are worried about their drug and alcohol use, mental, physical or sexual wellbeing. www.headspace.org.au

Contact Headspace Canberra on (02) 6201 5343 or email info@headspacecanberra.org.au

The Junction Youth Health Service - Anglicare

The Junction Youth Health Service provides FREE primary health care and support services to young people aged 12 to 25, along with their dependent children. www.anglicare.com.au/services/youth-family/health/

Contact the Junction Youth Health Service on (02) 6232 2423 or email junctioninfo@anglicare.com.au

Gugan Gulwan Aboriginal Youth Centre

Gugan Gulwan Aboriginal Youth Centre offers a range of programs that include a Drug and Alcohol/Mental Health program, a Child, Youth, Family Support Program, and a Reconnect Program to support young Aboriginal and Torres Strait Islander people. Gugan Gulwan gives support to parents and the family unit, focusing on skills development for young people. www.gugan-gulwan.com.au

Contact the Gugan Gulwan on (02) 6296 8900 or email guganadmin@gugan-gulwan.com.au

Individual services within schools

Student Wellbeing/Support Teams - ACT Education Directorate

All ACT public schools have a student wellbeing/support team that can provide or facilitate access to support and programs to improve students' health, wellbeing and academic outcomes. Student wellbeing programs aim to nurture students' health and wellbeing by assisting development in areas such as self-esteem, goal setting, and negotiation to enhance resilience and social cohesion.

Student wellbeing teams generally include a designated teacher or member of the school executive team and a school psychologist who can help address the educational, social, emotional and behavioural needs of students, either individually or in groups. They may also include a range of other professionals such as social workers, youth workers, wellbeing support workers or a school youth health nurse.

Families seeking assistance or more information about the supports their school wellbeing team, are encouraged to contact their child's class teacher or year coordinator in the first instance. Additional information on support for students is also available on the Education Directorate website:

www.education.act.gov.au/support-for-our-students

School Youth Health Nurse Program - Canberra Health Services

Within the school setting, Registered Nurses provide holistic primary health care for adolescents attending ACT Government high schools. The focus is on assessment, early intervention, prevention, education and referrals.

The program provides:

- Adolescent focused individual consultations
- Small health promoting group work
- Support for teachers to deliver the health curriculum
- Support for health promotion activities within the school

www.health.act.gov.au/services-and-programs/women-youth-and-children/children-and-youth/school-health

Contact the School Youth Health Nurse Program on (02) 6205 2086

Web based services

Head to Health

Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information about health. Head to Health is a good place to look for help with something that is bothering you or to help someone else — www.headtohealth.gov.au

Student Wellbeing Hub

The Student Wellbeing Hub provides high quality, age-appropriate information and resources targeted specifically to educators, parents and students to support student wellbeing and safety. www.studentwellbeinghub.edu.au

Beyond Blue

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. www.beyondblue.org.au

Emotional wellbeing support over the phone

Kids Helpline	1800 55 1800
Beyond Blue	1300 22 4636
Lifeline (24-hour crisis counselling)	13 11 14
Crisis and Assessment Team (ACT Only)	1800 629 354 (02) 6205 1065
Suicide Line	1300 651 251
Suicide Call Back Service	1300 659 467
MensLine Australia	1300 789 978
SANE Australia Helpline	1800 18 7263
The Way Back Support Service	1800 929 222

Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

For further accessibility information, visit: www.health.act.gov.au/accessibility

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