

Youth Counselling

"I get by with a little help from my friends" – John Lennon

OVERVIEW

The MYS Counselling Team provides both long-term and short-term counselling and case management. The MYS Counselling Team provides preventative and early intervention therapy for all young people to help navigate and overcome challenges in a variety of areas such as mental health, stress, family and peer relationships, interpersonal conflict and social isolation. The MYS Counselling Team provides a safe, confidential and encouraging environment where core conditions of empathy, congruence and unconditional positive regard are present to support young people to better understand themselves and to manifest change. The MYS Counselling Team further complements this work through developing referral pathways to other support services and programs where appropriate.

ELIGIBILITY

The MYS Counselling Team supports all young people within the ages of 10-25 who live, work, study or are otherwise connected to the Manningham community.

WHAT WE OFFER

The MYS Counselling Team are dedicated in providing ongoing support to all young people during the COVID-19 pandemic and recovery periods. The MYS Counselling Team offers counselling and case management services via a confidential online video platform and will resume face-to-face counselling services once isolation restrictions are lifted.

REFERRAL PROCESS

Phone: EACH Service Access - 1300 003 224

Email: ManninghamYouthServicesIntake@each.com.au

Website: www.each.com.au/manninghamyouth/ and submit an online enquiry form on the contact page

You can also check out our social media pages:

Facebook: @ManninghamYouthServices

Instagram: @ManninghamYouth