



MOUNTAINS OF HELP

**LOOKING FOR SOMETHING TO DO, A SAFE PLACE
TO HANG OUT OR A HELPING HAND?**

Visit the Mountains of Help webpage for a list
of local youth services you can access:

- Crisis support
- Health and wellbeing
- Employment and education
- Fun and connection
- Ways to amplify your voice
- And more!



You can also follow us on Instagram:
[instagram.com/youth.bluemountains](https://www.instagram.com/youth.bluemountains)

Check out the event calendar
strongerfamilies.net.au/event-calendar

