



FREE YOUTH COUNSELLING

IF YOU'RE A YOUNG PERSON AGED 10 - 25 YEARS AND LIVING, WORKING, STUDYING OR HAVE A STRONG CONNECTION TO THE CITY OF CASEY, WE CAN HELP WITH FREE YOUTH COUNSELLING.

We offer one on one sessions with qualified clinicians, practical tools to support mental wellbeing, and referrals to other local supports if needed.

We can help you if you're experiencing:

- Stress, anxiety and low mood
- School or study pressures
- Family or relationship challenges
- Anger or struggling with emotional regulation
- Feeling overwhelmed
- Building coping skills and confidence

We offer telehealth and after hours appointments, Young people, parents and carers can scan the QR code or email their enquiries to: youthservices@lchs.com.au

CALL 8822 8330 FOR MORE INFORMATION



CALL US
1800 242 696

LEARN MORE
lchs.com.au



Latrobe
Community
Health Service