

YAF

The Youth & Family Worker is able to help with any of the following:

- ✓ Help you to find ways to feel more connected with your family
- ✓ Assist you to understand who else may be available to help
- ✓ Help you in expressing your worries to ensure your needs are met
- ✓ Be a safe option when things get tough
- ✓ Listen to your concerns with school, family or friendships
- ✓ Talk to you about healthy and unhealthy relationships

Other useful contacts

- ✓ Kids Help Line (a 24-hour helpline) Ph. 1800 551 800
www.kidshelp.com.au
- ✓ Lifeline – Ph. 131 114
(24-hour phone counselling service)
- ✓ Beyond Blue – Infoline. 1300 22 4636
www.youthbeyondblue.com (Information on depression, anxiety and how to help a friend)
- ✓ Parent Line NSW (24-hour helpline) – Ph. 1300 1300 52

Funding received from the
NSW Department of Family and
Community Services

Youth & Family Worker Project

Contact Us

Sutherland Shire Family Services Inc.

90 Soldiers Road
JANNALI NSW 2226

HOURS: Monday–Friday 9am–4pm

Youth & Family Worker Project

PHONE: 9528 2933 **EXT:** 108

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sutherland shire
family services

YAF

SUPPORT FOR YOUNG PEOPLE
12–18 years of age and their families
living in the Sutherland Shire

Youth & Family Worker Project

Are you struggling with:

- ✓ Family Relationships
- ✓ Adolescent/Parent Conflict
- ✓ Family Violence
- ✓ Peer Relationships
- ✓ School Stuff
- ✓ Education and Employment
- ✓ Accommodation
- ✓ The Law
- ✓ Alcohol and Other Drugs
- ✓ Mental Health
- ✓ Sexual Health
- ✓ Sexuality
- ✓ Living and Social Skills

Our Youth & Family Worker can assist you and/or your family by providing emotional and practical support, advocacy, information and resources, in an environment that is non-judgmental, safe and friendly.

How to arrange to see the Youth & Family Worker

- ✓ Referrals can be made in person or by phone
- ✓ A referral can be made by any agency, relative, friend or self
- ✓ A referral needs to be made with the permission of the young person/family

Outreach visits

- ✓ We can meet up in an environment that is comfortable and safe, for example, the home, our centre in Jannali, a coffee shop, etc
- ✓ A phone call is all that is required to make a confidential meeting with the Youth & Family Worker

The Youth & Family Worker can walk the journey with you

The Youth & Family Worker:

- ✓ is professionally trained and experienced in working with young people
- ✓ can support a young person independently and/or with other family members
- ✓ participates in the delivery of programs for young people and parents/carers

