

Samaritans



Reconnect

Believes people are the expert in their own life.

Ph: 4014 9380

Please tear card below, and put in your wallet so you have your next appointment time and our details handy.

At Reconnect our goal is to work with young people and their families on what is important to them.



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Compassion Integrity Justice

**Newcastle | Port Stephens | Lake Macquarie
Maitland | Cessnock**

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Date:

Time:

Phone:



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Compassion Integrity Justice

Everyone goes through tough times and sometimes young people and families might need a hand.

Some of the reasons young people access Samaritans Reconnect are to:

- Develop more positive relationships with family
- Speak with someone about a loss they have experienced
- Work on strategies to get along with friends better
- Manage stress in their lives
- Stay connected to education and/or employment
- Access our Mediation services
- Be part of a group work program at their school
- Have some support to work towards a goal
- Someone to talk to about any issue

We can meet with young people and their families or with young people one on one in their local area.

For assistance and referrals

Call: 4014 9380

reconnect@samaritans.org.au



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Reconnect is a free and confidential service for young people aged 12-18 years.