



Samaritans Early Intervention Youth Counselling Service

Samaritans Early Intervention Youth Counselling Service provides FREE mental health and wellbeing support for young people aged 12 - 25 in Kempsey and surrounding areas.

This Youth Counselling Service provides a safe, confidential and friendly space for young people in our community.

We have a team of Early Intervention Mental Health professionals who provide centre and/or school based support to help young people through difficult times.

Our counsellors can provide support to young people who live in Kempsey and surrounding areas.

Call us on **(02) 6539 3450** or email **headspacekempsey@samaritans.org.au** for more information or to make a referral (including self-referrals).

We can help young people who are:

- Feeling down or stressed
- Experiencing problems with family or friends
- Struggling at school or work
- Just not feeling themselves, or have noticed changes in thoughts, feelings or behaviour.

Samaritans Early Intervention Youth Counselling Service is not an emergency or crisis response service.

If you or someone you know is in an emergency situation or needs immediate assistance, contact emergency services on 000. If you need to speak to someone urgently, call Kids HelpLine 1800 55 1800 or Lifeline 13 11 14.



Samaritans is one of the largest regional welfare organisations in Australia but is truly local to your region. As the welfare arm of the Anglican Church, we deliver over 100 programs and community services to thousands of individuals and families each year.

Samaritans would like to acknowledge the traditional custodians of this land and pay our respects to the Elders past, present and future for they hold the memories, the traditions, the culture and hopes of Aboriginal Australia.

 02 6539 3450

For information visit
samaritans.org.au



HEALTHY
NORTH COAST

phn
NORTH COAST
An Australian Government Initiative

Samaritans

This service is funded by Healthy North Coast through the North Coast PHN Program.