

## Tailored Youth can support families, parents and young people by:

- Exploring new ways to meet everyone's needs
- Building more effective and supportive communication skills
- Developing practical strategies for managing behaviours that need extra support
- Strengthening connections within their community
- Providing guidance on understanding emotions, regulation, and how to respond to them
- Supporting individuals and families through difficult times
- Helping families and young people build resilience
- Increasing understanding of positive health and wellbeing
- Promoting and supporting positive mental health



## How to access Tailored Youth:

Referrals to Tailored Youth can be made by anyone. This includes families, schools, services, or any other organisation.

A referral can be made by contacting us by phone or email (see details below).

## Service Locations

Youth Individualised Support, Family Capacity Building, Education and Skills programs are delivered in Newcastle and Lake Macquarie.

AOD Counselling is available across Newcastle, Lake Macquarie, Maitland, Cessnock, Port Stephens and Dungog.

## Contact

☎ (02) 4942 5275

✉ [tailoredyouth@samaritans.org.au](mailto:tailoredyouth@samaritans.org.au)

🌐 [www.samaritans.org.au/TYFS](http://www.samaritans.org.au/TYFS)

📱 @samaritansfoundation



Scan the QR code to find out more

Samaritans is an inclusive organisation



# Samaritans

## Tailored Youth and Family Services



**Tailored Youth is a free service that supports young people and their families who may be going through a tough time.**

## Youth Individualised Support

Provides tailored support for young people (10 to 18 years) to better understand how stress, development and relationships influence their emotions, behaviour and overall wellbeing.

Support is tailored to each young person's unique needs and may include therapeutic intervention, skill development and practical strategies, fostering emotional regulation, resilience and long-term wellbeing.

## Family Capacity Building & Support

Works alongside families to strengthen understanding of behaviour, emotions and relationships through a developmental and relational lens.

By partnering with caregivers, we help create safe, predictable and nurturing environments that promote regulation, secure attachment and overall wellbeing, empowering families to support positive change at home and in everyday life.

**Youth, Family, and Education and Skills are available in Newcastle and Lake Macquarie.**

## Education and Skills Support

Tailored Youth can facilitate and create specialised programs for both individuals and groups which can be delivered in an array of settings, including school and community settings.

These programs are developed in collaboration with the appropriate organisers, such as school staff, to cover the needs and challenges that may be faced by young people.

Some common topics that can be covered, but not limited to, include healthy relationships, tough times, emotional regulation, AOD counselling, social skills and mental health and wellbeing.

Tailored Youth presents these topics in a fun, safe and creative way utilising games and activities. Group Programs are typically term based and are delivered over eight weeks.



## Specialist AOD Counselling

Alcohol and Other Drug (AOD) Counselling is a service we provide which encompasses delivering evidence-based therapies for young people aged 12–25 years with mild to moderate substance use, offered in both individual and group settings.

Our approach focuses on harm reduction strategies, practical management techniques, coping skills development, supporting positive behaviour change and other techniques.

Services are available across Newcastle, Lake Macquarie, Maitland, Cessnock, Port Stephens and Dungog regions.