

## **YOUTH SERVICES**

### **EMERGENCY ACCOMMODATION:**

- Canberra Youth Refuge 6247 0330  
email [cyrefuge@webone.com.au](mailto:cyrefuge@webone.com.au)
- Narrabundah Youth Refuge 6260 8380  
email [bec.adams@anglicarecg.org.au](mailto:bec.adams@anglicarecg.org.au)
- Queanbeyan Youth Refuge 6232 9717  
email [qbnrfuge@bigpond.net.au](mailto:qbnrfuge@bigpond.net.au) or  
[bec.adams@anglicarecg.org.au](mailto:bec.adams@anglicarecg.org.au)
- Canberra Emergency Accommodation  
Service 6257 2333  
email [ceas@act.lifeline.org.au](mailto:ceas@act.lifeline.org.au)

### **HEALTH:**

- Junction Youth Health Service  
6232 2423  
email [junctioninfo@anglicarecg.org.au](mailto:junctioninfo@anglicarecg.org.au)

### **INDIGENOUS SERVICES:**

- Winnunga Nimmityjah Aboriginal  
Service 6284 6222
- Gugan Gulwan Youth Aboriginal Corp.  
6231 9555  
email [kim@gugan-gulwan.com.au](mailto:kim@gugan-gulwan.com.au)

### **TELEPHONE ASSISTANCE:**

- Life Line 13 11 14
- Kids Helpline 1800 551 800

### **LEGAL ASSISTANCE:**

- Youth Law ACT 6262 7077  
website: [www.youthlawact.org.au](http://www.youthlawact.org.au)

### **ALCOHOL & OTHER DRUGS:**

- Ted Noff's Foundation 6123 2424  
website: [www.noffs.org.au](http://www.noffs.org.au)

### **MENTAL HEALTH SERVICES:**

- Child and Adolescent Mental Health Service  
**CAMHS** 6205 1050 (Belconnen) and  
6205 1469 (Woden)

### **OTHER YOUTH SERVICES:**

- Parentlink 13 34 27  
website: [www.parentlink.act.gov.au](http://www.parentlink.act.gov.au)
- Menslink 6239 4699  
website: [www.menslink.org.au](http://www.menslink.org.au)
- SCOPE 6257 1640  
website: [www.ywca-canberra.org.au](http://www.ywca-canberra.org.au)
- Centrelink 13 24 90
- Job Placement & Employment Training  
(JPET) 6163 7600  
website: [www.centacare-canberra.org](http://www.centacare-canberra.org)
- Galilee 6290 2191  
website: [www.galilee.org.au](http://www.galilee.org.au)

## **DIRECTIONS ACT**

1 Bradley Street  
WODEN ACT 2606

Ph: 6122 8000

Fax: 6122 8001

Email: [yss@directionsact.com](mailto:yss@directionsact.com)  
Website: [www.directionsact.com](http://www.directionsact.com)

# **DIRECTIONS ACT**



# **YOUTH SUPPORT SERVICE**

**Supporting youth to reach their potential**

Version May 2008

**Asking for help is not easy BUT that's what we are here for..... The Youth Support Service helps young people to gain info and find options which are right for them.**

**What does the Youth Support Service do for young people?**

Your Youth Support Worker can help you deal with housing, finances, relationships, work, physical and mental health and much more. We can also assist with any Alcohol or other Drug related issues either for yourself, your friends or family.

**I don't have a problem but someone I know does.....can you help?**

**Yes!** The Youth Support Worker can provide counselling and strategies to support you. We will also provide you with assistance to access other services.

**Is the service free?**

**Yes!** And the service is confidential and non-judgemental. You will be treated with respect and dignity.

**Do I need to make an appointment?**

If you want to see the Youth Support Worker it is wise to make an appointment but feel free to just drop in or give us a call for a chat.

**What is the number to call?**

Phone DIRECTIONS ACT on: **6122 8000**

# OUR SERVICES

**Services we provide include:**

- Free Support and Counselling
- A Youth Support Worker who will listen to you
- A non-judgmental, confidential service
- Info on Alcohol & other Drug related issues
- Help to access other services including government services such as Housing ACT and Centrelink
- Help and support for people accessing Alcohol and Drug services.

**At DIRECTIONS ACT we believe:**

**Young people** are important and valuable members of society

**Young people** may have problems and have the right to be heard

**Young people** are entitled to be treated with RESPECT and DIGNITY

**Young people** are capable of making life changing decisions and have the right to make choices in their lives

**At DIRECTIONS ACT we offer:**

- Resources
- Support Groups
- Counselling Services
- Community Education
- Treatment Support Service
- Needle and Syringe Program
- Outreach and Promotional Activities
- Primary Health Care & Althea Wellness Centre
- Arcadia House Detoxification & Withdrawal Services



Visit our website for heaps of info!

**[www.directionsact.com](http://www.directionsact.com)**