



Youth Outreach Team

Koori Kids are part of the Victorian Aboriginal Health Service (VAHS), they have Aboriginal Health Workers and Mental Health clinicians who work together to help children, youth and families who need a bit of extra help and support.

The Youth Outreach Team sees young people from the ages of 12-25 who might not be travelling well and would like to get some extra support but they're not sure where to get help or don't feel able to access the help. These are young people who might be feeling anxious, not able to leave the house, experiencing low mood, having thoughts of self-harm or suicide, feeling that they're not able to cope with stress or having other thoughts and feelings that they or their family are really worried about.

The Koori Kids outreach team will visit the young person at home, at school or at a café (wherever it suits the young person and their family) to meet with them and figure out what they can do to be helpful. After meeting with the young person and the family they work out a plan together (with young person and family) and support the young person to access help for their mental health.

You can come and see us at **headspace Craigieburn** on Mondays from 2pm every fortnight from 18 June 2018

AND

at **Kirrip House**, Melton, on Fridays every fortnight from 9 June between 10am -1pm

We are available as a drop in for families or appointments can be made on the days we are at the above locations.

You can contact us on 9403 3300 or 0423339937 to have a yarn.