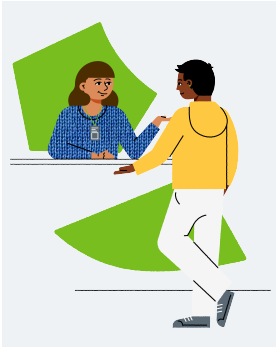


# Mental Health

If you or someone you know is needing a bit of help, call us on (03) 9769 6419 to find out more about our services and support options.



## What to expect during your first session

You will sit down with one of our intake clinicians in a 50 minute session that is all about getting to know you and how we can best support you. You will be asked a lot of questions that cover all important issues helping to develop the best pathway for you. Before entering our centre for the first time we will:

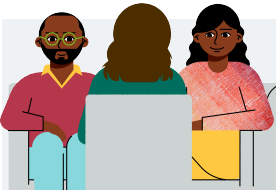
- Confirm your appointment 48 hours in advance by SMS,
- Ask you to complete a 'hAPI' survey before you see your worker via a link sent to your phone or via a tablet in centre
- Ask for your medicare card details - If you dont know your details or have a card please let us know.



## Brief Intervention Counselling (BIC)

The BIC toolkit offers a range of evidence-based topics that you can choose to work from over six sessions. Basically, you get to pick and choose what you think will be most helpful for you. Areas that we can work on together may include:

- sleeping,
- managing your mood,
- problem solving, or
- things impacting your confidence and self esteem.



## Single Session Therapy (SST) & Single Session Family Consultation (SSFC)

SST assists young people to make progress in their mental health using a single session of therapy. SSFC consists of 1-3 consultative meetings between a worker and family.



## Moderated Online Social Therapy Program (MOST)

A moderated online platform for informal counselling that runs over 12 weeks. Young people aged 15-25 years old are eligible to access this program through our headspace centre.