

Why headfyrst?

- headfyrst staff are qualified health professionals with experience in helping young people who need support with their mental health and addictions to alcohol or other drugs
- headfyrst staff care about their clients and are committed to helping them achieve their goals
- our staff believe it is important to have family support and wherever possible families will be involved in the young person's recovery process
- the treatment provided by headfyrst is holistic and will work towards identifying factors that are impacting on the life of the young person
- we believe in and encourage honest and open communication between our staff, our clients and their families
- we recognise the diversity of cultures in our community and will always work respectfully with each culture represented throughout our client group

headfyrst

is a program of The Salvation Army Youthlink



In partnership with headspace



Funded by
South West Sydney
Primary Health Network



Website
salvos.org.au/youthlink/headfyrst

Postal Address
Po Box 324, Doonside, 2767

For Appointments Contact:

Bankstown	9393 9669
Liverpool	8785 3200
Campbelltown	4627 9089
Youthlink	0411 204 329

headfyrstsouth@aue.salvationarmy.org



Counselling and
support services
for young people



headfyrst provides specialised Alcohol and Other Drugs (AOD) / Mental Health (MH) Counselling Services to young people aged between 12 and 25 years.

headfyrst offers a safe, confidential, young person centred program which encourages open communication between young people and their clinician where honest and open exchange occurs and young people are able to express what's going on for them in a non-judgmental environment.

headfyrst clinicians identify key issues and concerns and work together with the young person towards positive changes and outcomes.

headfyrst is about providing resources, counselling and support to help young people in their recovery journey. **headfyrst** supports young people to build on their strengths in order to enhance health, wellbeing, independence and participation in a meaningful life.

The Salvation Army Youthlink and **headspace** Campbelltown, Liverpool and Bankstown youth mental health centres are working collaboratively to provide an innovative service for young people experiencing co-existing AOD and mental health issues. This service aims to be accessible and responsive to the needs of young people.



headfyrst works in collaboration with other organisations including mental health teams and early intervention and recovery services.

The program also offers a SMART Recovery Group (Self Management and Recovery Training) which is an addiction recovery self-help group for young people.

Family support

headfyrst's holistic approach to recovery can include, where appropriate and with consent, families and carers. This involves a focus on improving relationships to assist young people in their recovery. Assistance can include mediation and family counselling.

Ease of access

headfyrst clinicians are based in **headspace** centres at Campbelltown, Liverpool and Bankstown. These locations are easily accessible by public transport or car.

Young people do not need a medical referral to access **headfyrst** services. They may be referred by other services.

For referrals simply contact the most convenient **headspace** or Youthlink office shown at the back of this brochure.

