

Alcohol & Drug Program ACT Health

Information & links
☎ 6207 9977 (24hr)

Directions ACT

Counselling, advocacy,
information & referral
☎ 6122 8000
💻 www.directionsact.com

Drugs in the Family

Information, advice & support
☎ 6257 3043

Oasis Bridge Program (Salvation Army)

Education, support & outreach
help for alcohol, drug
& gambling problems
☎ 6248 7191

Ted Noffs Foundation ACT

Residential drug & alcohol withdrawal:
14-18 year olds
☎ 6123 2400

Alcohol & drug

Centrelink

Financial help for
permanent residents
studying approved courses
☎ 13 24 90

Services & allowances for young people

P: 131021

Care Financial Counselling Service

Free for those on low
to moderate incomes
☎ 6257 1788 (9-12 weekdays)

Legal Aid Office ACT

Legal advice & information
☎ 6243 3471

Salvation Army Moneycare

Counselling Service
Free financial
& budgeting advice
☎ 6247 3635

Legal,
& financial
advocacy

Youth Law Centre

Legal rights & responsibilities: drop in
☎ 6262 7077 (1-5pm weekdays)

Youth Services

The Big Red Book (Youth Coalition of the ACT)

Online directory of ACT
youth services, available at:
[http://www.youthcoalition.net/
public/Projects/BRB.html](http://www.youthcoalition.net/public/Projects/BRB.html)
☎ 6247 3540

Education Options

ACT Dept of Education & Training

Student Support Services
☎ 6205 6925

Crisis help 24/7

(CEAS) Canberra Emergency Accommodation Service Crisis Line

Counselling & information
about homelessness
☎ 6257 2333

Domestic Violence Crisis Service

☎ 6280 0900
☎ TTY: 6228 1852

Lifeline

☎ 13 11 14

Mental Health Crisis Assessment & Treatment Team (CATT)

Crisis assessment & treatment service
☎ 1800 629 354

Where can I
find help for my
young person?

Parentcard



Counselling & support: parents/carers & young people

CYCLOPS ACT

Young carers & families
☎ 6232 2432

Family & Adolescent Counselling Services (FACES)

10-21 year olds
☎ 6162 6100

Family Counselling Service

12-25 year olds
☎ 6248 6118

Kids Help Line (24/7)

5-25 year olds
☎ 1800 551 800
💻 www.kidshelp.com.au

Menslink

Mentoring & support for young men
☎ 6239 4699

Navigate

Outreach counselling for young people: 12-18 year olds, & their families
☎ 6258 5933

ParentLine

Phone support: anyone with parenting concerns
☎ 6287 3833

Reconnect Program – Centacare

Short-term program: 12-18 year olds
☎ 6163 7600



Health / Wellbeing

Bungee

Mental health resilience program for young people
☎ 6264 0242

Child & Adolescent Mental Health Service (CAMHS)

Assessment & treatment of mental health problems: 5-17 year olds
☎ 6205 1971

Canberra Sexual Health Centre

Sexual counselling: diagnosis/treatment of STIs
☎ 6244 2184

Centacare Youth & Wellbeing

Mental health support: 12-25 year olds
☎ 6163 7600

Junction Youth Health Service

Health service & counselling: 12-25 year olds
☎ 6232 2423

SHFPACT (Sexual Health & Family Planning ACT)

Sexual & reproductive health services, including unplanned pregnancy counselling
☎ 6247 3077

Winnunga Nimmityjah Aboriginal Health Service

Drop-in holistic care: Indigenous & non-Indigenous
☎ 6284 6222



This card was produced by Navigate, a free and confidential counselling service provided by the YWCA of Canberra for young people 12-18 years and their families

Parentcard



This is an initiative of the YWCA of Canberra