



Youthlink
headfyrst

**A SPECIALISED ALCOHOL AND OTHER DRUGS / MENTAL HEALTH COUNSELLING
SERVICE FOR YOUNG PEOPLE AGED BETWEEN 12 AND 25**



headfyrst – integrated care

Fyrst (AOD) case management

Reconnect

Drive for life

Adventure Therapy

Employment and Training support

Psychologists

Alcohol, and other drug support workers

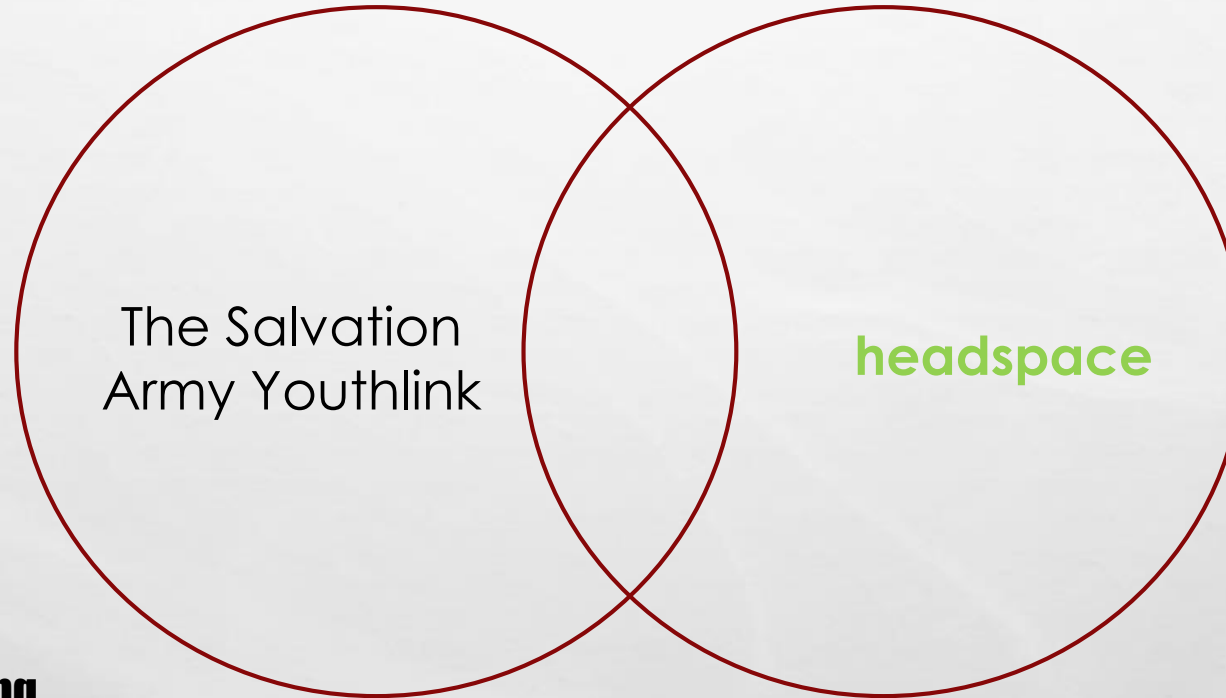
Psychiatrists

Employment Support

Family Support

General Practitioners

Exercise Physiologists



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headfyrst – what is it?

- The Salvation Army Youthlink and selected **headspace** youth mental health centres are working collaboratively to provide the **headfyrst** service, to address target areas identified through a needs analysis. This is an integrated and streamlined service for young people experiencing co-existing AOD and mental health issues.
- The **headfyrst** and **headspace** teams are co-operatively involved in ongoing care co-ordination towards the shared goal of high quality, cost effective treatment and the recovery journey.

headfyrst – what can it provide?

- **headfyrst** provides **resources, counselling** and **support** to help young people transform their lives.
- **headfyrst** services are **safe, confidential**, and **client centered** which encourages open communication between young people and their clinician in a **non-judgmental environment**.
- **headfyrst** clinicians are able to identify key issues and concerns which are explored collaboratively with the young person working towards positive changes and outcomes.

headfyrst – additional services

- **SMART Recovery Groups** (Self Management and Recovery Training) - an addiction recovery self-help group for young people.
- **Family support** - Where appropriate, families and carers are involved, as part of the holistic approach to recovery. This involves a focus on improving family relationships to assist young people in their recovery and involves assistance such as mediation and family counselling. This also allows for improving family relationships and strengthening ties to education, training, work and community.

Headfyrst – Our Staff

- **headfyrst** staff are qualified and experienced health professionals
- **headfyrst** staff care about their clients and are committed to helping them achieve their goals
- **headfyrst** staff believe it is important to have family support and wherever required or possible families will be involved in the recovery process

headfyrst – How can I access this service?

headfyrst clinicians are based in six different **headspace** locations across Western and South Western Sydney. These locations are easily accessible by public transport or car.

Young people may be **referred** by other services, such as AOD or mental health services or be **self-referred**.

Young people can contact the most convenient office: Castle Hill, Mt Druitt, Parramatta, Liverpool, Bankstown or Campbelltown to complete an intake form.

headfyrst – Contact Information

Western Sydney:

- Parramatta: 8624 1348
- Mt Druitt 4720 8855
- Castle Hill 8820 9995

headfyrstwest@aue.salvationarmy.org

South Western Sydney:

- Bankstown 9393 9669
- Liverpool 8785 3200
- Campbelltown 4627 9089

headfyrstsouth@aue.salvationarmy.org

www.salvos.org.au/youthlink/headfyrst

