

# Amber

## YOUTH WELLNESS

### Therapeutic one-on-one sessions

Depending on where you're at, we have a choice of therapeutic interventions to meet you where you are at.

Don't feel comfortable always meeting in an office? We can walk and talk or meet in a location that feels more safe or comfortable for you. We can also offer virtual sessions by video call. We're a Monday-Friday service but will do our best to find a time that works for you.

### Group activities

If you'd like to talk with other people who have been through similar things or develop supportive social networks, ask about group activities. One of our peer workers can also come along to any of your sessions as moral support. Just ask.

### Access to a GP/Psychiatrist

If you need a bit extra, such as expert advice about diagnosis or medication, we have access to a youth friendly medical specialist, GP or Psychiatrist. It's not mandatory but the option is there.

### Group sessions family/friends

It's your choice whether you want family or another supportive person to accompany you to appointments so that they can support you in your wellness journey. We also offer group sessions if you want to develop supportive habits and work on wellness as a family.

### Support with other wellness dimensions

Sometimes it's other things going on that can stress you out and push your mental health. When your wellness isn't the best it can throw out other parts of your life. We have youth workers who can help you re-engage with school or work. We can also connect you with other people who can help with whatever is going on.

**Or allow our wellness professionals to customise something specific to your needs.**

**Access to a Medical Consultant / GP / Psychiatrist and/or support accessing appropriate medical advice.**

**Call: 1800 800 046**

**Email: [amberYW@mercycares.com.au](mailto:amberYW@mercycares.com.au)**



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