

Youth Support

Youth support services connect young people to essential information and advice. Support ranges from mental health services, study and work support, recreational activities and housing needs for young people aged 12 to 25 years. Many services are now offered both online and face to face.



YOUTH SERVICES AVAILABLE TO RESIDENTS IN OUR LGA

Chatswood Youth Centre	64 Albert Ave, Chatswood NSW 2067	www.willoughby.nsw.gov.au/ Chatswood-Youth-Centre	Youth workers provide information, recreation and referral services for all young people aged 12 to 18 years. The Centre can be hired for meetings, social functions, fitness classes, music rehearsal and support groups.
Headspace Chatswood	(02) 8021 3668 30 Devonshire St, Chatswood NSW 2067	headspace.org.au/headspace-centres/chatswood	Provides counselling and support to young people aged 12 to 25. Services include work and study support, mental health services, sexual health services and youth programs.
Phoenix House Youth Services	(02) 9437 0077 10 Holtermann St, Crows Nest NSW 2065	www.phoenixhouse.org.au	Early intervention and support programs to young people living in Northern Sydney. Phoenix House supports young people to find suitable education and gain employment.
StreetWork	(02) 9419 7559	www.streetwork.org.au	Skill building programs and one-on-one mentoring with young people affected by crime, mental health issues, violence, social isolation, homelessness and school/work disengagement.
Mission Australia Northern Sydney	(02) 9480 2560 Suite 405, 44 Hampden Rd Artarmon NSW 2064	northernsydneyservices@missionaustralia.com.au	Youth team offer free outreach support to young people at risk of homelessness. Services also include assisting young people to address barriers/issues relating to drug and alcohol misuse, family conflict and relationship breakdown.
Drug and Alcohol Youth Support Service (CatholicCare)	(02) 8425 8700 0481 602 057 40 Merrenburn Ave, Naremburn NSW 2065	www.catholiccaredbb.org.au/ family-youth-children/child-family-support/	Youth alcohol and other drugs outreach support service, including education and therapeutic groups for young people.
The Library (Chatswood)	(02) 9777 7900 The Concourse, 409 Victoria Ave, Chatswood NSW 2067	www.libraries.willoughby.nsw.gov.au	Educational, recreational and reference materials for young people, including multilingual materials, eBooks, DVDs, free Wi-Fi and school activities.

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HELPFUL RESOURCES

Kids Helpline	1800 551 800 (free call)	www.kidshelpline.com.au (includes webchat option)	Free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.
ReachOut		www.au.reachout.com	Practical support, tools and tips to help young people get through everyday issues to tough times. Includes resources on how to cope through the COVID-19 pandemic.
QLife	1800 184 527 (free call)	www.qlife.org.au (includes webchat option)	Anonymous and free LGBTI peer support and referral for people wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.
Legal Aid Youth Hotline	1800 101 810 (free call)	www.legalaid.nsw.gov.au/youth-hotline	Free legal advice and information to young people under 18.
ReachOut Worry App		www.au.reachout.com/tools-and-apps	To stop you carrying your worries around with you 24/7, this app lets you decide on a time, place and length of time to deal with your worries each day.