



At EACH, we believe everyone is entitled to good health.



What we'll do:

- ✓ Support you to make your own decisions.
- ✓ Focus on what you can do, not what you can't.
- ✓ Listen to you. We don't do all the talking.
- ✓ Look at you as a whole person, in all areas of your life, not just the problems.

What we don't do:

- ✗ We don't make decisions about your life without you. You'll always be involved.
- ✗ We don't label you. We believe in the uniqueness of every person.
- ✗ We don't speak for you; not unless you want us to.

Contact us to learn more about **CREW4YOUTH**:

Ipswich (West Moreton)
07 3810 9400

Toowoomba (Darling Downs)
07 3810 9490

In addition to CREW4YOUTH, we offer a broad range of health and support services, including community health, mental health, NDIS, counselling, support for older Australians and family services.

To learn more about our services, get in touch with us today by calling **1300 003 224** or visit each.com.au.



This service is supported by funding from Darling Downs and West Moreton PHN

CREW4YOUTH

Support for children and young people with or at risk of developing a severe mental health condition.

each
health . hope . opportunity

When life is challenging, we all need someone who has our back.

Your CREW4YOUTH does that.



We support children and young people up to the age of 25 with or at risk of developing severe mental health conditions.

We connect with important people in your life, like family, mental health professionals, school/work and other health professionals, to make sure we're all on the same page to support you.

We build upon strengths, identifying needs and goals, and we help you make the changes you want to in your life.



Who do we offer this service to?

Some of the young people and families we support may be experiencing complex issues including but not limited to:

- Risk of suicide
- Eating disorders
- Self-harm
- Trauma
- Diagnosed and undiagnosed mental illness
- Anxiety and depression
- Alcohol and other drug use
- Violence in their lives.

It's all about you.

We work with you to develop an individual support plan.

We'll look at where you're at now, your goals, your needs, and where you want more support.

We'll link in with those who have a common goal – to support you.

Where CREW4YOUTH is offered:

Across the following Local Government Areas:

- Somerset (Including Esk in the West Moreton Health Boundary)
- Southern Downs
- Ipswich
- Goondiwindi
- Lockyer Valley
- Western Downs (Including Taroom in the Darling Downs Health boundary)
- Scenic Rim (Including Boonah in the West Moreton Health Boundary)
- South Burnett
- Cherbourg
- Toowoomba

How it's offered:

- Face-to-face
- Outreach support
- Skype, online or phone support
- Providing information to families.