



FAMILIES, CHILDREN AND YOUNG PEOPLE
CARER SUPPORT, DISABILITY, AND AGED CARE
DOMESTIC VIOLENCE AND HOMELESSNESS
EDUCATION, TRAINING, HEALTH AND WELLBEING

ASCEND Youth Life Promotion Service
413 Grange Rd, Seaton SA 5023
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centacare.org.au



A Child Safe Organisation
Centacare has an ongoing commitment to building and maintaining a Child Safe Organisation.



Centacare welcomes people who are intersex, gender diverse and of all sexualities.



Statement regarding the traditional owners of the land
For thousands of years Aboriginal people have walked on this land, in their country. Their relationship with the land is at the centre of their lives. We acknowledge the Aboriginal people and their stewardship and spiritual connection with their lands.



Centacare is nationally accredited against the Quality Improvement Council (QIC), Australian Health and Community Services Standards.



ASCEND Youth Life Promotion Service



CONSULTATIONS/ 1:1 SUPPORT

ASCEND supports young people aged up to 25 who are experiencing suicidal ideation, self-harm, and/or psychological distress.

Our service provides primary consultations to the young person, which can be carried out face to face or via phone. The meetings can be held in the community, at school, home, or another preferred location.

We work closely with young people providing brief interventions, connection to community and onward referrals, where appropriate.

ASCEND also offers secondary consultations to build knowledge and skills of those who work with or support young people at risk, such as workers, teachers, parents, or guardians.

We strive to provide an inclusive environment for all who access the service and their networks.

TRAINING/WORKSHOPS

ASCEND provides suicide and self-harm awareness, response, and connection workshops. These can be tailored to support the needs of the organisation and community.

Our specialised workers will guide teams to:

- Enhance their knowledge about experiences of suicidal ideation, self-harm, and/or psychological distress.
- Recognise warning signs, how to act on your concerns, and ways to respond and provide a sense of hope.
- Understand the importance of protective factors while considering risk factors when assessing current risks and implementing safety strategies.