



Who is eligible?

Young people aged 12-18 within metropolitan Adelaide, where the young person experiences a mental health concern and is at risk of homelessness.

Important things to know

The Reconnect Mental Health Service is a voluntary service. The young person must be consenting to support from the service. If the young person is 15 and under and still living at home, parental consent is required. Throughout the young person's involvement with the Reconnect Mental Health Service, workers are unable to discuss information shared by the young person without their consent.

How to make a referral

Please contact Centacare on (08) 8303 6660 between 9.00am and 5.00pm, Monday to Friday.

Referrals are accepted from individuals, parents, teachers, school counsellors, service providers and other support people.



FAMILIES, YOUTH AND CHILDREN
EDUCATION AND TRAINING
HEALTH AND WELLBEING
CARER SUPPORT, DISABILITY
DOMESTIC VIOLENCE AND HOMELESSNESS

RECONNECT Mental Health Service
78-80 St Vincent Street, Port Adelaide SA 5015
08 8303 6660
reconnectreferral@centacare.org.au
www.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.



Centacare

**Reconnect
Mental Health Service**



What is the RECONNECT Mental Health Service?

The Reconnect Mental Health Service is an outreach, early intervention service; supporting young people (12 - 18 years) and their families, where the young person experiences a mental health concern and is at risk of homelessness.

What is Mental Health?

Mental Health relates to everyone, it is:

- the ability to enjoy life
- resilience
- balance in life
- flexibility in our thinking
- being able to express feelings
- feeling good about yourself

Emerging Mental Health Concerns

Mental Health Concerns impact on a person's ability to manage every day life.

Sometimes this can mean:

- display of abnormal behaviours
- loss of interest in things
- feeling sad, bored, helpless, hopeless or guilty
- trouble sleeping
- lack of energy
- trouble concentrating
- poor appetite or over eating
- overwhelming feelings of fear or anxiety
- thoughts of self harm or suicide
- having seen or heard things that others can't

What We Do

- Make early identification of emerging social, emotional and mental health issues in young people.
- Work therapeutically with young people and families for up to six months.
- Provide mobile services to young people and their families, in their home, school or at other locations across metropolitan Adelaide.
- Assist young people to improve their mental health and achieve goals.
- Therapeutic interventions include assessment, counselling, family work, referral and consultancy.