



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



Supporting Children and Youth

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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.



SUPPORTING CHILDREN AND YOUTH

Centacare Murray Bridge

SCY: Supporting Children and Youth

Supporting Children and Youth (SCY) program provides support for children and young people up to the age of 18, who are at risk of, or affected by mental illness.

This is a holistic service that offers three levels of support:

- Intensive, long term, early intervention support for children and their families.
- Short-term intervention for families, including informational referrals.
- Community outreach, targeted mental health education and community development activities.

What can we offer?

- Support in understanding and managing challenges that impact on your child's health, such as bullying; school transition; social isolation; relationship separation.
- Office or school-based 1 on 1 counselling supports.
- Individual, personalised time with the Family Practitioner.
- Linking with relevant services.
- Community outreach.
- Targeted education.

Am I eligible?

The child or young person does not need a medical diagnosis.

Nationality and culture are not barriers in accessing our service.

Cost

This is a free service.

How to recognise when your child may need extra support:

- Is regularly anxious or distressed.
- Is upset and can't be comforted.
- Has a sudden change in their usual behaviour that lasts longer than two weeks.
- Has problems with eating or sleeping patterns.
- Has trouble joining in regular social or family activities.
- An inability to be still and calm.
- Dry mouth, numbness or tingling in the hands and feet.
- Is talking about hurting themselves or others.

At Centacare we believe that everybody has the right to be treated with respect and dignity.

Our professional and ethical approach focuses on providing high quality service and promoting positive relationships. This means respecting the uniqueness of individuals and maintaining integrity in all that we do.