

Help Lines

Teen challenge suicide helpline 1800 771 777
Domestic violence help line 1800 800 098
Alcohol and drug info service 1300 131
340 or 85356822

Family and Youth Services
85328366
Youth helpline 1300 131 719
Crisis care services 13 16 11
Kids help line 1800 551 800 Rape crisis centre
1800817412 Womens Health line 1800 182098
Life line 13 11 14

Websites

Life's a ball www.lifesaball.net.au
Based on a school-visiting program to help young people
improve life skills & deal with difficult times in their lives.
Headroom www.headroom.net.au
Deals with mental health issues
Kids help-line www.kidshelp.com.au
Can help in areas of death, family breakups, peer pressure,
personal identity, relationships, stress anxiety, depression
and suicide
Reachout www.reachout.com.au
Helping young adults through tough times.
Shine SA www.shinesa.org.au
Provides information on sexual health and contraception
The source www.thesource.gov.au
Site for youth, range of issues.

Confidentiality

Each and Every Day.

We would like to let you know what we think about confidentiality...

- Confidentiality is important for Young People- especially in small towns like ours – and we've been doing some things lately to promote the importance of your Confidentiality & Privacy.*
- All Young People – just like you – have a Right to use health, medical, accommodation, and support services – that are there for you.*
- Young People have a right to*
 - Expect that personal, health and medical information will be kept confidential,*
 - Have privacy respected,*
 - Know the limitations of confidentiality.*

Supported by;

Teen Challenge Mannum
Mannum Medical Centre
Mannum Community College



To Commence in 2008

Monday 3.30pm to 5.30pm

At Convertible Café
28 William Street
Mannum

If interested just drop in
or
contact: Joy Marks on 0428 897 847
or
by appointment

contact: Mannum Medical Centre
8569 0222 (before 6pm)

WELCOME TO MANNUM FOR YOUTH

Mannum for Youth is here for you. If you are aged between 12 to your early twenties come in to see what we are all about.

We have info on sex, drugs, depression, suicide, bullying, family and relationship hassles, body image, self esteem, school problems and much more.

You can even give us the low-down if you are worried about a friend.

There will be booklets and videos you can check out that might help you deal with stuff that is going on.

Feel free to just drop in and have a chat. Our volunteers will be happy to sit and chill out with you, show you around, and explain what we are all about. If you need a safe place to ring a helpline or info line, you can do that too.

You can also help us to organise different group activities that you are interested in.

So come along and join in, meet some new people, maybe even help with new ideas and you never know you might be just what “Mannum for Youth” is looking for.

Services For Youth

Convertible Café

Youth drop-in centre on Friday evenings.
With yummy snacks, 8 ball, table tennis, music, computer games, card games and many more interesting activities.
Joy Marks 0428 897 847

CAMHS (Child and Adolescent Mental Health Service)

8531 3901

Counseling and therapy for young people with depression, anxiety, difficulty coping, suicidal thoughts, anger problems, family conflict or friendship difficulties.
Mon – Fri 8.30am to 5.00pm

CENTACARE (Family / Personal Support)

8532 1600

Works with families where young people under 16 years of age are experiencing difficulties related to family stresses, behavior problems, school difficulties, or other issues.
Tues - Thurs 9.00am to 5.00pm
(Home visits by appointment) Ask for Kerry or May

CHAMPS (Peer support group) 8535 6800

Youth forum for 13-18 year olds to implement events & activities with the aim of increasing young people's social & emotional well being.
Mon – Fri 8.30am to 5.00pm

Family & Youth Services (Family Support)

8535 6211

Assistance to young people through adoptions, foster family & residential care, counseling & youth development.
Mon – Fri 8.45am to 5.00pm.

High School C.P.S.W. (Personal Support)

8569 1503

Basic counseling or referral & small group work.
Contact through Mannum High School
Joy Marks 0428 897 847

JobNetwork (to find work) 136 268

Job Network provides services to employers & job seekers Australia wide.
www.jobsearch.gov.au

Mannum Leisure Centre (For Fitness & Fun)

8569 2534

Offers many services including fitness classes, squash, basketball, mixed netball, weights room, vacation care & roller discos (8-14yrs) and new inline hockey.
Opening times vary & Closed Sunday & public holidays.

Murray Mallee Community Health Services (Personal Support) 8535 6800

Self referred confidential services for people >18 to enhance health and well being – offering Aboriginal/ Women's/Mental health & counseling.
Mon – Fri 8.30am to 5.00pm

RECONNECT (Youth Support) 8532 6192

The Reconnect youth service is for 12-18 year olds who may:

- have trouble with your parents/kicked out from home
- want to leave home/school but don't know where to go.

Mon, Tues, Thurs 9am to 5pm

Contact 131611 if URGENT

Spirituality and Stuff

Rodd Mann Uniting Minister **8569 1187**

Or mobile 041 786 3940

Teen Challenge (Youth Support) 8531 2851

Counseling service, emergency financial assistance, court support, literacy & numeracy classes, computer & counselor training, support groups & educational seminars.
Mon – Fri 10.00am to 4.00pm

Workskill/Inc (for work / study support)

8531 9800

For 16 years and older providing careers counseling, require support and job search training with use of computers & tafe.
Mon – Fri 9.00am to 5.00pm