

Strengthening Young Minds



Building the capacity of young people as they face adversity through theoretical and practical experiences focused on improving and prioritising youth mental health and wellbeing.



Purpose

This program provides a space for young people to develop their knowledge surrounding the five pillars of Resilience, through a variety of approaches, so they can build quality lifestyles using crucial skills and concepts.

Who Can Access Support?

Young people aged 12 to 21 who have a history of a mental health condition, are showing symptoms of a mental health condition or need support and advocacy with their mental health and wellbeing.

Referrals accepted from the community.



Camps & Workshops

Improving understanding surrounding the skills for coping with adversity and stress through a variety of theoretical and practical pathways.

Advocacy & Support

Provided to create a coordinated service response towards mental health and wellbeing.

Psychological Referrals & Assessments

Assistance with accessing the mental health care young people need.

Strengthening Young Minds is a Queensland Youth Services-led program funded by Northern Australia Primary Health Limited via their Contribution to Improve Health and Wellbeing initiative.

ENQUIRE TODAY

 0484 912 289

 sym@qys.org.au

 www.qys.org.au

