

WHERE YOU CAN FIND US

Families can contact Connect directly or be referred by a supporting group or agency to one of our regional locations:

Bourke, Cobar and Coonamble
connectfarwest@interrelate.org.au

Kempsey, Nambucca and Coffs Harbour
connectmnc@interrelate.org.au

Wyong and Lake Macquarie
connectwyong@interrelate.org.au



CONTACT US

1300 473 528



<https://bit.ly/interrelateconnect>

 facebook.com/Interrelate

 instagram.com/interrelate

 youtube.com/interrelate



**A family mental health
support service**

This service is funded by the Australian Government
Department of Social Services and is provided by


relationship experts since 1926



WHAT WE DO

Connect is a **free service** that provides assistance for families, children, and young people where a child or young person's mental health and wellbeing are at risk. We can support you with:

- connecting you with your community and any appropriate services
- access to groups/courses to enhance your skills
- ideas and support to help families deal with challenges and difficulties they may be facing
- liaising with schools and other services to help you get the support you would like

HOW WE WORK WITH YOU

We will listen and work with you to develop a plan to address the difficulties you are facing. We will meet with you and your child/young person regularly to review where things are at.

ELIGIBILITY

You are eligible if the following apply:

- your family has a child or young person aged between 0-18 years
- a consenting adult is willing to work with and support the service
- your family lives within a designated area
- the child/ young person is affected by, or at risk of, mental illness (no formal mental health diagnosis required)
- the child/ young person is in the care of their family, (can't have been placed in the care of the minister)

TYPES OF SUPPORT

We offer the following types of support:

- Home visiting
- School visiting
- Assistance to access services within the community
- Short-term support
- Long-term support (6-12 months)



Interrelate acknowledges the traditional Aboriginal and Torres Strait Islander custodians of the Australian land on which it provides its services, celebrates their ongoing culture and contribution to society, and respects their elders, both past and present.

