



Brimbank
City Council



B-Heard

Youth Support Program

- Need someone to talk to?
- Going through a tough time?
- Need help getting linked in to other services?
- Not enjoying things as much as you used to?

If you are **12-25** years old and **live, work** or **study** in Brimbank we can help at **no cost**.

 Find us on Facebook - Brimbank Youth Services



BRIMBANK
YOUTH
SERVICES

A SERVICE PROVIDED BY
BRIMBANK CITY COUNCIL

Why seek youth support?

It's important to look after **YOU**.

The B-Heard Youth Support Program gives you a private space to work through things that are bothering you with a friendly worker.

We support young people on a short term basis @ various locations in Brimbank.

"It was important to have a person to talk to and know that I wasn't alone" - Anonymous, 2017

"I feel less stressed, have more motivation and can control my emotions more" - Anonymous, 2017

We can help:

- If you're feeling sad, angry or overwhelmed
- With family or relationship issues
- Link you to other services and programs
- Strengthen self-esteem
- With heaps more!

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Brimbank Youth Services

T 03 9249 4110

Brimbank Community and Civic Centre

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brimbankyouth.com

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