

## Where does a young person have appointments?

The West Tamar Youth Outreach Service provides a range of appointment types:

- Face to face
- Outreach
- Phone
- Telehealth

**Cornerstone Youth Services** deliver a broad range of services to young people aged 12—25 in North and North West Tasmania.

### Other Cornerstone Programs:

- Youth Engagement Team (YET)
- Short Term Psychological Interventions (STPI)
- young Aboriginal support program (yAsp)
- headspace Launceston/Burnie/Devonport

For program enquires

Email: [info@csys.com.au](mailto:info@csys.com.au)

## How do I contact WTYO

### Cornerstone Youth Services North

Cnr Wellington & Brisbane St,  
Launceston

PO Box 7513, Launceston, TAS 7520

**Phone:** 03 6335 3100

**Fax:** 03 6335 3127

**Email:**

[programs@csys.com.au](mailto:programs@csys.com.au)

**Website:**

[www.cornerstoneyouthservices.com.au](http://www.cornerstoneyouthservices.com.au)

**CORNER  
STONE**  
YOUTH SERVICES INC

**West Tamar Youth Outreach  
Service (WTYO)**



**Outreach Support for Young People  
West Tamar**

The Cornerstone Youth Services Inc. West Tamar Program is  
funded by the Irene Phelps Charitable Trust.

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## ABOUT WTYO

WTYO supports young people in the West Tamar region living north of Legana, Exeter, Beaconsfield and surrounding areas who are experiencing mild to moderate mental ill health and would benefit from psychological counselling and therapeutic support.

Mental Health Clinicians provide individual therapy and family work to assist young people improve their psychological wellbeing and psychosocial functioning.

WTYO also offers:

- Sessions for young people promoting positive mental health and wellbeing
- Groups for young people focusing on relationships and self-care
- Community education to families/caregivers
- Liaison with schools and service providers

The West Tamar Program comprises of qualified Mental Health Clinicians with extensive experience in youth mental health.

## WTYO ELIGIBILITY CRITERIA

Young people can self refer, or be referred via school, GP, family, caregiver or other service. A Mental Health Care Plan is not required but recommended.

### Eligible young people:

- Aged 12-25
- Live North of Legana, Exeter, Beaconsfield and surrounding areas
- Would benefit from psychological support



## WHAT YOU CAN EXPECT

- The clinician will work with you to explore what goals you would like to work on.
- The clinician will support you to develop strategies to facilitate good mental health.
- The clinician can offer support and education to your family, caregiver or school with your consent.
- The clinician will contact you if you miss an appointment.