

Where does a young person have STPI appointments?

STPI provide a range of appointment types:

- Face to face
- Outreach (limited)
- 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)
- young Aboriginal support program (yAsp)
- West Tamar Youth Outreach Service
- headspace Launceston/Burnie/Devonport

For program enquires

Email: info@csys.com.au

How do I contact STPI

Cornerstone Youth Services North West

Level 1/10 Mount Street
PO Box 565
Burnie 7320

Ph. (03) 6408 0251 Fax (03) 6408 0252

Level 1/35 Oldaker Street
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Devonport 7310

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Email:

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Website:

www.cornerstoneyouthservices.com.au



Short Term Psychological Interventions (STPI)



Short-term Support for Young People North West

Last Revised: April 2021

ABOUT STPI

STPI supports young people across North and North West Tasmania experiencing mild to moderate mental ill health who would benefit from short term psychological counselling and therapeutic support.

Mental Health Clinicians provide comprehensive clinical assessments and interventions focused on 1:1 psychological therapy and family work to assist young people improve their psychological wellbeing and psychosocial functioning.

Young people can access up to twelve appointments with scope for a further six if required. This will be done in consultation with their GP.

The STPI team consists of qualified Mental Health Clinicians with extensive experience in youth mental health.

STPI ELIGIBILITY CRITERIA

Young people are referred via their GP, paediatrician or psychiatrist under a Mental Health Care Plan.

Eligible young people:

- Aged 12-25
- Located in Northern Tasmania
- Would benefit from short-term psychological support
- Young people who find accessing mainstream services difficult due to a range of barriers including; transport, finance or geographical isolation.



WHAT YOU CAN EXPECT

- You can see a clinician for up to 6 sessions with a further 6 if required.
- Appointments are up to 50 minutes long.
- 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/ carers or school with your consent.
- The clinician will contact you if you miss an appointment.