

Who is CatholicCare?

CatholicCare, formerly known as Centacare, is the welfare arm of the Roman Catholic Church and has operated within the Archdiocese of Canberra & Goulburn for more than 50 years.

During this time CatholicCare has grown from the beginnings of a small volunteering organisation to the large multidisciplinary welfare agency it is today. CatholicCare operates with a simple and clear premise – to help people.

This aim has not changed over the years.

Helping people involves valuing, strengthening, assisting, supporting and caring for people who are less advantaged in our community.

Do I need to be Catholic to use CatholicCare Services?

The answer is NO. CatholicCare provides services to all members of our community. We ensure equitable access to all individuals using our services.

Privacy & Confidentiality

CatholicCare is committed to providing high quality services with respect to confidentiality, accessibility and equity to persons in the community. With this quality in mind we have also attained Quality Management System accreditation to ISO 9001:2008.

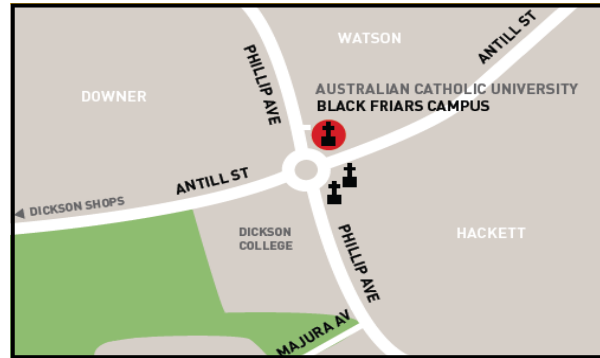


(Formerly known as Centacare)
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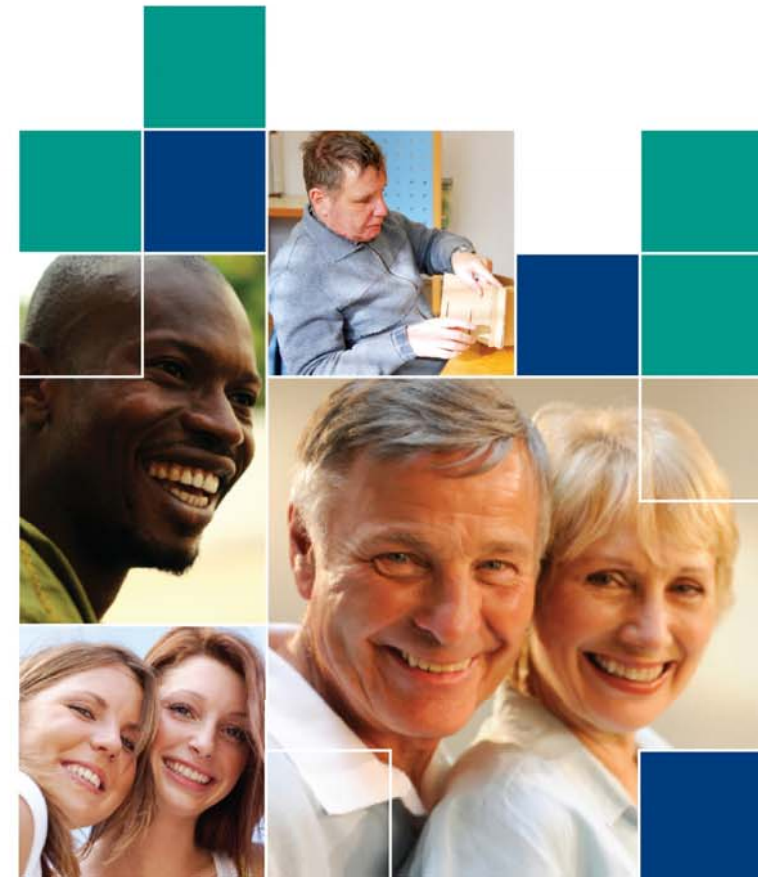
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Youth and Wellbeing Program



What is the Youth and Wellbeing Program?

Youth and Wellbeing is funded by the ACT Department of Health and is delivered by CatholicCare.

Youth and Wellbeing is an outreach Mental Health service that supports young people aged between 12-25 years of age who are experiencing mental distress.

Some of the areas Youth and Wellbeing can provide assistance with include:

- Maintaining suitable housing
- Life skills such as personal care, food preparation, banking and shopping
- Developing links with and accessing, health services, education, employment, welfare and other services
- Accessing advocacy and information services
- Facilitating positive relationships with family/carers and significant others
- Maintaining regular social and recreational contacts



What can someone expect from a Youth and Wellbeing worker?

A young person can expect that their worker will be friendly, trustworthy and inspire hope.

Youth and wellbeing staff will:

- **Facilitate** the opportunities for working towards developing young peoples confidence, hope, optimism, growth and belonging.
- **Assist** young people to access employment, education and social support therefore expanding their participation in the community.
- **Listen** to young peoples concerns related to their significant relationships with respect, dignity, privacy and confidentiality.



Who is eligible for the Youth and Wellbeing Program?

You are eligible to join the Youth and Wellbeing program

If you are:

- 12-25 years of age
- Experiencing mental distress
- Living in the ACT

How do I contact the Youth and Wellbeing Program?

To join the program you will need a referral from a Case Worker, School Counsellor, Doctor, Psychologist, Youth Justice worker or family member or friend. Referrals are also accepted from the CatholicCare STEPS Program.

You can also refer yourself by contacting the Youth and Wellbeing staff and they will advise you of the next step.

Youth and Wellbeing Program

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