

Holistic, positive outcomes

Children and young people:

- improved mental health and wellbeing
- ability to better manage the various aspects of life

Families and carers:

- more confident and comfortable with caring for their child or young person

Communities:

- Increased understanding of, and response to, mental health issues that affect children and young people.



Contact us

 07 3280 8000

 **Level 1, 30 Thorn St
Ipswich, 4305**

 greateripswich@mercycommunity.org.au

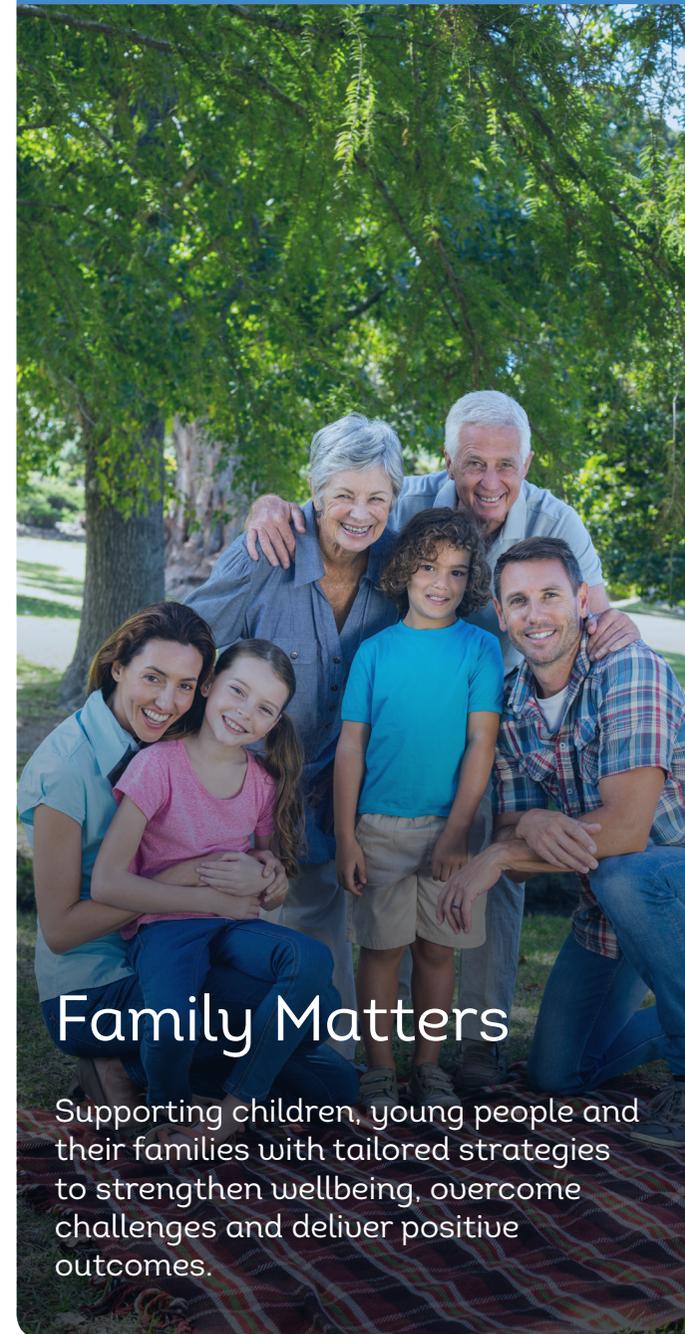
About Mercy Community

Mercy Community is a Catholic organisation that is driven by our mission and values, finding inspiration in the life of Catherine McAuley and the traditions of the Sisters of Mercy.

Our mission is to support and inspire people in need to live healthy, connected lives within inclusive communities. We value the human dignity of every person and are committed to enhancing the quality of life and wellbeing of those who access our services.

We provide services in the areas of child protection, family wellbeing, counselling, multicultural community support, community and residential aged care, disability support and support for people seeking asylum.

mercycommunity.org.au



Family Matters

Supporting children, young people and their families with tailored strategies to strengthen wellbeing, overcome challenges and deliver positive outcomes.

Inclusive services, tailored just for you

Family Matters is a Family Mental Health Support Service funded by the Australian Government Department of Social Services and provided by Mercy Community.

We provide referral services, counselling and support to children and young people – and their families or carers – who are affected by or are showing early signs of mental health issues.

Our team works with each family to provide an individualised combination of services, including:

- assessment of their risk and protective factors
- practical assistance
- supportive counselling and family interventions
- referrals to other relevant services as appropriate
- collaboration and co-ordination with relevant services and advocacy
- assistance to increase their support networks and minimise the incidence of crisis.

We also provide a range of psychoeducation groups including Circle of Security, 123 Magic, Engaging Adolescents, Planting Seeds of Resilience and Growing a Resilient Brain.



Support through every season

At Mercy Community, we understand the complexity of mental health and recognise that each person's experience is unique. Our Family Matters program can assist with a wide range of situations and experiences, including:

Children facing:

- sadness, hopelessness, social withdrawal
- negative thoughts
- fearfulness, nervousness, perfectionism, worry, shyness, negative body image, clinginess
- aggression, bullying, anger, stealing and lying, concentration problems, running away, risk taking.

Young people:

- concerned about their feelings and mental health
- having problems with friends, school or work
- increasingly worried about mental illness.

Parents feeling:

- anxious about their children
- unsure how mental health issues are affecting their parenting or their children.

Families in which:

- parents or children are worried
- help is needed in navigating the mental health system
- there is a need to 'offload' and discuss concerns.

Engaging our services

Family Matters services are available to children or young people (along with their families and carers):

- aged between 0-18 years, at risk of developing or showing early signs of mental illness
- where there is at least one adult family member/carer willing to work with the child or young person and the service
- who live in the Greater Ipswich area
- who are not under shared or total care of the Department of Communities - Child Safety Services.

No formal referral or paperwork is needed. Contact our team today via the details on the back of this brochure.

