

## Reconnect Mental Health Service

413 Grange Road Seaton 5023 | T 8159 1400 | F 8159 1499  
reconnectreferral@centacare.org.au  
www.centacare.org.au

## Referrals

### Who is eligible?

Young people aged 12-18 within metropolitan Adelaide, where the young person experiences a mental health concern and is at risk of homelessness.

### Important things to know

The Reconnect Mental Health Service is a voluntary service. The young person must be consenting to support from the service. If the young person is 15 and under and still living at home, parental consent is required.

Throughout the young person's involvement with the Reconnect Mental Health Service, workers are unable to discuss information shared by the young person without their consent.

### How to make a referral

Please contact Centacare on (08) 8159 1400 between 9.00am and 5.00pm, Monday to Friday.

Referrals are accepted from individuals, parents, teachers, school counsellors, service providers and other support people.



**Centacare**  
Catholic Family Services

Disability

Families, Youth and Children

Health and Wellbeing

Employment, Education and Training

Homelessness

This service funded by the Commonwealth Department of Families, Housing, Community Service and Indigenous Affairs (FaHCSIA).

**A Child Safe Organisation**  
Centacare has an ongoing commitment to building and maintaining a Child Safe Organisation.



**Statement regarding the traditional owners of the land.**  
For thousands of years Aboriginal people have walked on this land, in their country. Their relationship with the land is at the centre of their lives. We acknowledge the Aboriginal people and their stewardship and spiritual connection with their lands.



**Quality Assurance**  
Centacare is a nationally accredited organisation assessed against the Quality Improvement Council (QIC) Australian Health & Community Services Core Standards and the Community Services Standards.



**Centacare**

**RECONNECT MENTAL  
HEALTH SERVICE**

# Reconnect Mental Health Services

*The Reconnect Mental Health Service is an outreach, early intervention service; supporting young people (12 - 18 years) and their families, where there is a risk of homelessness and emerging mental health concerns for the young person.*

## What is the Reconnect Mental Health Service?

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## What is Mental Health?

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Mental health relates to everyone, it is:

- the ability to enjoy life
- resilience
- balance in life
- flexibility in our thinking
- being able to express feelings
- feeling good about yourself

## Emerging Mental Health Concerns

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Mental Health Concerns impact on a person's ability to manage every day life.

Sometimes this can mean:

- display of abnormal behaviours
- loss of interest in things
- feeling sad, bored, helpless, hopeless or guilty
- trouble sleeping
- lack of energy
- trouble concentrating
- poor appetite or over eating
- overwhelming feelings of fear or anxiety
- thoughts of self harm or suicide
- having seen or heard things that others can't

## What We Do

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- Make early identification of emerging social, emotional and mental health issues in young people.
- Work therapeutically with young people and families for up to six months.
- Provide mobile services to young people and their families, in their home, school or at other locations across metropolitan Adelaide.
- Assist young people to improve their mental health and achieve goals.
- Therapeutic interventions include assessment, counselling, family work, referral and consultancy.
- Alcohol and other drug support.