



Common signs of mental health issues include:

extreme mood swings,
changes in eating habits,
excessive worrying or fear,
problems concentrating,
and avoiding friends or
social activities

If you know a young person experiencing any of these signs,
Youth and Family Mental Health Support is available for young people
aged 10–21 years and/or their parents/carers who are residents

**To find out more call (02) 6686 4109
or email intake@thefamilycentre.org.au**

**HEALTHY
NORTH COAST**

phn
NORTH COAST
An Australian Government Initiative

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 **the family centre**

www.thefamilycentre.org.au