

# I HAVE PEOPLE AROUND ME

MY FRIENDS & FAMILY DON'T REALLY GET ME



SOMETIMES LONELINESS IS HARD TO HIDE

Youth and Family Mental Health Support is available for young people aged 10–21 years and/or their parents/carers who are residents of the Byron and Ballina Shires. There is no cost for this service.

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

**HEALTHY**  
**NORTH COAST**

**phn**  
NORTH COAST  
An Australian Government Initiative

This service is funded by  
Healthy North Coast through the North Coast PHN program

 **the family centre**

[www.thefamilycentre.org.au](http://www.thefamilycentre.org.au)