

The program is free of charge and consists of 12 confidential sessions over a six-month period. The frequency of these sessions is flexible based on your needs.

Education

Learning how to make better decisions for yourself is a key part of recovery. Our experienced team will support you to increase your awareness about the impacts of different substances on your health and wellbeing, so you can make better decisions.

We will discuss your experience of substance use, including the ups, downs and in-betweens, and provide tips for how you can improve your quality of life and safety.

We offer information and education sessions in other agency settings, or by phone.



Anglicare
Southern Queensland

Contact us

anglicaresq.org.au/youth-in-charge

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Department of Health



Youth in Charge

Information for our clients

Anglicare Southern Queensland acknowledges the Traditional Owners of the lands on which our services now stand. We pay our respect to Elders – past, present and emerging – and acknowledge the important role of Aboriginal and Torres Strait Islander people in caring for their own communities.

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An Anglicare Southern Queensland
Mental Health and Wellbeing program

Youth in Charge

A free, voluntary counselling program for young people who need support to manage moderate-to-severe substance use.

This program is designed for young people aged 12 to 25 years old. The program might be suitable if:

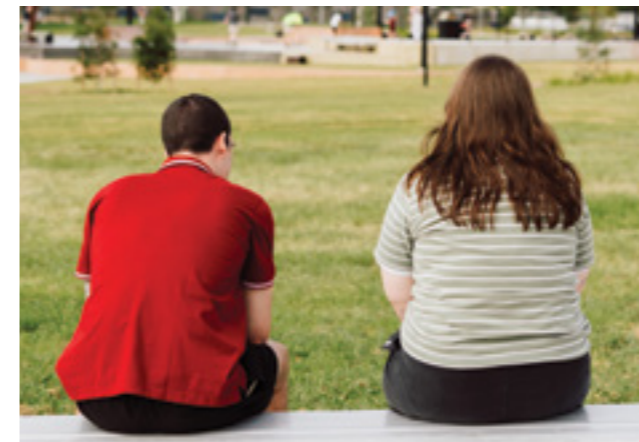
- you are worried about your use of alcohol and/or other drugs;
- you would like some support in understanding drug/alcohol issues;
- you would like to stop, or reduce, your drug/alcohol intake.



Do you need support to manage your drug or alcohol use?

The Youth in Charge program provides support and resources for you to manage your use of substances. We work with you to develop strategies to:

- cope with cravings, triggers and situations that lead to substance use;
- gain control of difficult thoughts, feelings and beliefs that trigger the want to use substances;
- take charge of stress, depression, anxiety and other symptoms that make it difficult to control the need for substances;
- manage a lapse and prevent relapse;
- reduce harm resulting from substance use;
- improve your relationships with family and friends;
- develop communication and assertiveness skills;
- create social and community support, and reduce isolation;
- find substance-free fun activities, opportunities to relax and creative things to do;
- improve your general health and wellbeing; and
- build on your strengths, abilities and confidence for the future.



Through the program, we also work with you to prevent relapse.

The program is flexible and personalised to you. We work with you through tailored brief intervention or can provide longer term support; and offer individual counselling and/or group-based programs.

We listen, and work with you to find the solutions that meet your needs. We advocate and support you in achieving your goals.