

Cornerstone Youth Services
delivers a range of services to
young people aged 12- 25 in the
North and North West of Tasmania

Other Cornerstone Programs

Youth Engagement Team (YET)
North & North West

young Aboriginal support program
(yAsp) North

West Tamar Youth Outreach (WTYO)
North

CORNERSTONE YOUTH SERVICES (NORTH)

First Floor, 24 Wellington Street
PO Box 7513
Launceston, TAS 7520
Phone: 03 6335 3100
Fax: 03 6335 3127

CORNERSTONE YOUTH SERVICES (NORTH WEST)

Level 1, 10 Mount Street
Burnie 7320
Phone: 03 6408 0251
Fax: 03 6408 0252

Level 1, 35 Oldaker Street
Devonport 7310
Phone: 03 6424 2144
Fax: 03 6424 6102

Email:

youthinmind@csys.com.au

Website:

www.cornerstoneyouthservices.com.au

Cornerstone Youth Counselling





About Cornerstone

Cornerstone is a youth friendly service providing person-centred supportive approaches to mental health care. Our aim is to support young people to achieve their mental health and wellbeing goals.

Our short term therapeutic counselling service is free and confidential for young people aged 12-25.

We offer appointments in our Launceston, Devonport and Burnie offices, we also provide a face to face service in Deloraine and George Town as needed. For anyone having difficulty accessing these locations we offer Telehealth appointments.

What to Expect

Your mental health clinician is committed to working with you to support your mental health goals.

You can receive up to 12 sessions as part of this program. Each session typically lasts up to 50 minutes. The first session may be longer for registration and goal setting purposes.

With your consent we can also offer support and education to your family or school.

Cancellation

If you need to cancel an appointment please let us know as soon as possible so we can reschedule.

How to Access Support

Contact us to discuss an appointment or refer a young person, or ask your GP to make a referral via a mental health care plan.



Mental health affects how we feel, think, and act. Taking care of our mental health is important to living a healthy and fulfilling life.