

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

Cornerstone Youth Counselling
North and North West

Youth Engagement Team (YET)
North & North West

young Aboriginal support
program (yAsp)
North

Cornerstone Youth Services (North)

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Launceston, TAS 7520
Phone: 03 6335 3100
Fax: 03 6335 3127

Cornerstone Youth Services (North West)

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Phone: 03 6408 0251
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Level 1, 35 Oldaker Street
Devonport 7310
Phone: 03 6424 2144
Fax: 03 6424 6102

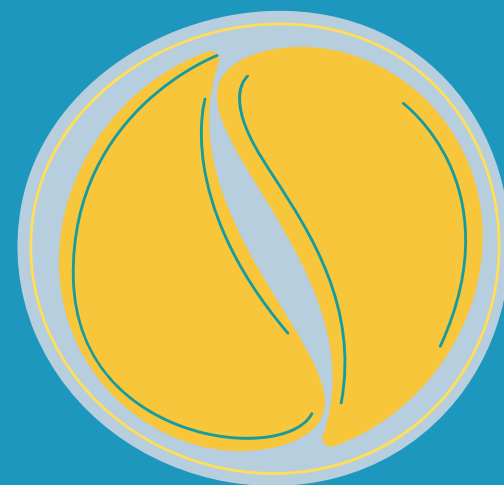
Email

youthinmind@csys.com.au

Website

www.cornerstoneyouthservices.com.au

WEST TAMAR YOUTH OUTREACH SERVICE



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.

West Tamar Youth Outreach Service

We offer therapeutic counselling and case management support on a range of issues impacting on a young person's health and wellbeing.

We provide an outreach service to young people living in the West Tamar area, north from Legana. This includes Exeter, Beaconsfield and surrounding areas. We also offer appointments in our Launceston office.

Our service is free and confidential for young people aged 12-25.

What to Expect

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

You can receive support for up to 12 months as part of this program.

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 if you'd like to hear more about what type of support we can offer, or if you'd like to refer a young person.

For Health Professionals

Unsure of our criteria? Call our triage team to discuss.

Please note: referrals are accepted based on availability. We do not hold a wait list.



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