



EACH Youth & Family Counselling Team

The EACH Youth & Family Counselling Team, in partnership with headspace Knox, provides free counselling support to children, young people and their families who live, work, study or play in the City of Whitehorse, Knox, Maroondah, Yarra Ranges and surrounding areas.

Counsellors can assist with issues relating to (but not limited to):

- Mental Health concerns (e.g. anxiety and depression)
 - Managing relationships
 - Bullying
 - Grief and loss
 - Self-esteem
- Parenting Support

Our counsellors can provide support from a variety of setting including:

- Nunawading
- Ringwood
- headspace Knox
- outreach upon request

To discuss or make a referral to the EACH Youth & Family Counselling Team
please call 9801 6088

If a young person would like to self-refer, they are encouraged to call or drop into headspace Knox –
please refer to website for opening hours

each

