



Free, friendly and confidential service

(03) 5831 2390

127 Welsford St, Shepparton
Yorta Yorta Nations Country

54 Tallarook St, Seymour
Taungurung Country
(By appointment only)

119 Wellington St, Wallan
Wurundjeri & Taungurung Country

Office hours:

Monday to Friday 9am-5pm

shepparton@thebridge.org.au

PO Box 1954, Shepparton VIC 3632

thebridge.org.au

The Bridge Youth + Family Services acknowledge
the support of the Victorian Government.



The
Bridge
Youth
Family Services

*Early
Intervention
Program*

Supporting young people who are
experiencing distress due to mental
health or substance misuse

Early Intervention Program

The Early Intervention Program (EIP) is delivered by The Bridge Youth + Family Services (TBYFS) and provides support to Young People who are experiencing distress due to poor mental health or substance use.

What support looks like with us:

We will provide a safe and non-judgmental space to talk about your wellbeing and/or substance use.

Together, we can:

- ✓ Create a plan to support you to make change
- ✓ Help get you back into what you enjoy doing
- ✓ Build healthy relationships
- ✓ Emotional regulation and impulse control
- ✓ Safety planning and reduce risk of harm
- ✓ Support you to attend appointments to our mental health clinicians/psychologists
- ✓ Advocate for your needs to be met



This program is for you if:

- ✓ You are aged 12 – 25 years
- ✓ You are willing and consenting to engage in the program
- ✓ You are experiencing poor mental health or are using alcohol or other drugs
- ✓ You live, work, or go to school in Mitchell Shire (except for Wallan and Wandong)

How to access:

Call TBYFS Intake Worker on 5831 2390.

If we can't support, we will suggest alternative supports that can.

Urgent?

If your concerns are urgent or you need help straight away, you should:

- Talk to a trusted adult
- Call 000
- Go to the hospital
- Call Mental Health Triage on 1300 369 005