



# INDIVIDUAL COUNSELLING AND FAMILY THERAPY

## What is the MYST adolescent counselling service all about?

MYST provides free specialist counselling support to young people and their families, including those with complex needs. Counselling services support young people who feel afraid, alone, are struggling, not coping, confused, depressed, bullied, or overall needing some support.

Counselling can help reduce symptoms of anxiety and depression, cultivate positive behavioural change, manage crises, and improve relationships and quality of life.

Both individual and family counselling is offered. The [adolescent counselling service](#) is provided for individual young people who are experiencing difficulties in their life; [family therapy](#) is offered to young people and their parents/carers who are having conflict or other relational issues at home.

## Individual counselling

Our team of experienced staff work intensively with young people who have complex and critical needs.

Care and support include emergency practical assistance, ongoing case management, home visitation, family support, court support and advocacy. Individual counselling helps young people to access the social and emotional care they need to maintain healthy interpersonal relationships and good mental health wellbeing.

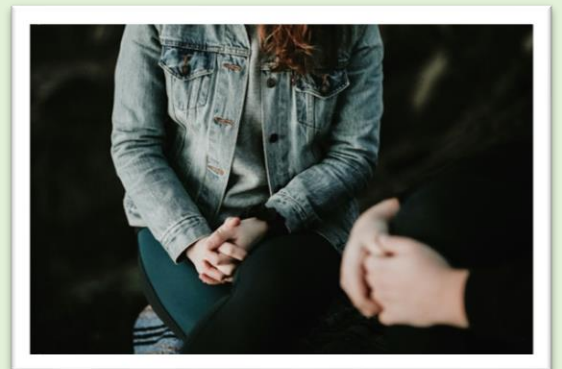


Photo by [Priscilla Du Preez CA](#) on [Unsplash](#)

## What is counselling within family therapy?

Counselling within family therapy is a supportive process where the counsellor and the parents / carers and other members of the family can develop better outcomes for everyone involved. This kind of family therapy can help prevent crises and enable all involved to enhance their communication skills, which can positively impact their relationships with each other and overall improve the quality of life.

For more information: Find us at [www.myst.com.au](http://www.myst.com.au), on Facebook and Instagram, or call 1300 00 MYST (6978).