



Reach Out and Relax

Are you a young person finding things a bit tough? Are you a parent and worried about your child or teenager's mental wellbeing? Need someone to talk to? The Intereach Reach Out And Relax (ROAR) program works with children, young people and their families to improve their emotional health and wellbeing.

► So, how does it work?

Have you been:

- feeling down or anxious?
- not coping at school?
- not sleeping well or sleeping too much?
- bullied, hurt or sexually harassed?
- having relationship issues?

Perhaps it's time to reach out and relax. The Intereach ROAR service supports you and your family if you are showing early signs of, or are at risk of developing a mental health issue.

► Where is it available?

ROAR works with children and young people aged up to 18 years in the local government areas of Balranald, Wentworth, Berrigan, Hay, Edward River, Murray River, Federation, Murrumbidgee, Narrandera, Wagga Wagga, Lockhart, Leeton, Temora, Griffith, Carrathool, Coolamon, Cootamundra-Gundagai and Junee. If you live outside of this area, phone us and we can find the right support for you.

► Is there a cost?

ROAR is completely free and confidential.



We pay our respects to the Elders, both past and present, and to those of the future, for they hold the memories, the traditions, the cultures and hopes of Aboriginal Australia.

Intereach acknowledges all traditional owners and Elders past and present, particularly the traditional custodians of the lands where our offices are located and the areas where we work.

► Need assistance to talk to us?

If you are deaf, or have a hearing impairment or speech impairment, contact us through the National Relay Service:

TTY users

Phone 133 677 then ask for 1300 488 226

Speak and Listen users

Phone 1300 555 727 then ask for 1300 488 226

SMS relay users

SMS 0423 677 767

Need an interpreter?

Phone 131 450

► Supporting Diversity

Intereach welcomes every person irrespective of gender or gender identity, age, Aboriginal or Torres Strait Islander heritage, cultural background, physical or intellectual abilities, country of birth, religious beliefs, sexuality and other real and perceived differences.

Offices

Albury

Bendigo

Corowa

Cootamundra

Deniliquin

Echuca

Finley

Griffith

Hay

Kyneton

Maryborough

Mildura

Seymour

Shepparton

Swan Hill

Wagga Wagga

Intereach operate offices in locations throughout NSW and Victoria to deliver a wide range of support to children, families, carers, young people, people living with a disability and the general community.

Toll free **1300 488 226**

Email intereach@intereach.com.au

www.intereach.com.au

This service is funded by the Australian Government Department of Social Services.

