


What we are	What we are not
<p>Early Intervention</p> <p>ROAR is an acronym that stands for 'Reach Out And Relax'. The ROAR Program provides early intervention support for children who may be showing early signs of developing a mental health condition.</p> <p>Psychoeducational</p> <p>We are a psychoeducational service that focuses on understanding the relationship between the brain and emotions. We teach children basic skills to manage their emotions. We aim to improve children's emotional wellbeing.</p>	<p>Clinical Service</p> <p>The ROAR Program is not a clinical service. Our workers are not counsellors, psychologists, mental health clinicians, or psychiatrists. We are not qualified to diagnose or treat mental health conditions or give any medical advice.</p> <p>Crisis Intervention</p> <p>The ROAR Program is not equipped to provide immediate or crisis intervention. If there is deemed to be risk of harm to self or others, a more intensive level of intervention is needed. If you require immediate support, please contact:</p> <p>Emergency Services – 000 Accessline – 1800 800 944 Lifeline – 13 11 14</p>

Topics we can address	Topics that require clinical support
<ul style="list-style-type: none"> ▪ Recognising emotions ▪ Calm down strategies ▪ Assertive communication ▪ Developing a growth mindset ▪ Difficulty coping with school work ▪ Bullying and friendship difficulties ▪ Confidence, self-esteem, resilience ▪ Coping with changes and transitions 	<ul style="list-style-type: none"> ▪ Self-harm ▪ Domestic violence ▪ Suicide (e.g. ideation, history of attempts) ▪ Any type of abuse and trauma (e.g. bereavement, physical, sexual or psychological) <p>Where these circumstances have a significant impact on daily functioning.</p> <p><i>*These topics are not typically addressed by early intervention and will need to be assessed on an individual basis.</i></p>

Eligibility Criteria
<p>To be eligible, a child must:</p> <ul style="list-style-type: none"> ▪ be aged between 0 -18 years ▪ live within the Local Government Association (LGA) service area ▪ not be in Out of Home Care ▪ have needs that suit an early intervention framework ▪ be willing to voluntarily participate in the program ▪ have a caregiver who will participate in the program with them

For further information visit [ROAR Intereach Website page](#)

<p>Working with children and young people and their families to improve their emotional health and wellbeing</p>	
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