

Welcome to LINKS

Who are Links?

LINKS Trauma Healing Service is a therapy team.

LINKS is a holistic service, which means we are made up of lots of therapists that all work together to help kids.

LINKS is made up of a is made up of Managers, Aboriginal Mental Health Clinicians, Psychiatrists, Occupational Therapists and Speech Pathologists. You may not need to see all the therapists.

Some young people need some help to make them feel better after they have been through a rough time.

Others need help with doing things that are tricky and feeling OK doing things at home, school or in the community.

What can the LINKS team do?

- Help young people figure out what do when they feel sad, worried or angry.
- Help people do more things for themselves at school and at home.
- Help with getting on with others and friendships.
- Help people relax or sleep better.
- Help with playing with other kids.
- Help with completing everyday activities.
- Give parents and carers some extra help and ideas.

How often do I have to come in?

- Therapy sessions are generally once a week for about 20 weeks.
- You may see one or more therapists during your time with LINKS. This depends on what you need help with.

What about my privacy?

- We will respect your privacy at all times. This is very important to us. Your therapist will discuss this with you at the start of you therapy.