



Clear Minds

Are you under 18, finding areas of life challenging and need support to discover your true potential?

We understand life can be hard, and sometimes figuring it out by yourself is difficult.

Clear Minds can help you explore and set goals around key areas of your life, including your mental health, physical health, learning, development and relationships.

With the help of a supportive adult, we work together to find ways to provide assistance.

If you or someone you care for could use our support, please contact our friendly team for a chat.



Connect with us @MomentumCollectiveAustralia

FAQ's:

What kind of supports can the program provide?

- Explore areas of life including emotional wellbeing, physical health, safety, learning and development
- Discuss goals, concerns and areas where help may be needed
- Provide anger management coping strategies
- Provide mindfulness and relaxation techniques
- Discuss communication styles and how to express feelings in healthy ways
- Link in with GP's and a Mental Health Plan
- Book appointments with counsellors
- Talk to your school about making a flexible plan for managing school life

Where is the program held?

Support is provided in a range of locations such as schools, community centres and in the home. This can be determined upon commencement of the program.

The Clear Minds program is based in Ballina and Grafton. Our Ballina Team cover Evans Head to Tweed Heads, and our Grafton Team covers the Clarence Valley.

Ballina	Mon-Fri	8.30am-4.30pm
Grafton	Mon-Thurs	8.30am-4.30pm

How long does Clear Minds work with a young person for?

Clear Minds can provide support for up to 12 months.