



CUSP

Welcome Pack For Young People

My Cusp worker's name is:

.....

My worker will see me:

.....

What We Do

Life can bring unexpected challenges, and it's normal to experience feelings that can feel overwhelming.

At **Cusp**, we work with you to understand your emotions and build practical skills to navigate worries and obstacles - all in a supportive, engaging, and meaningful way.

Our sessions are held in a space where you feel safe, comfortable, and respected.



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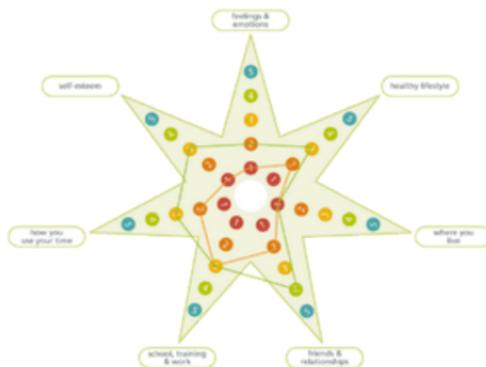
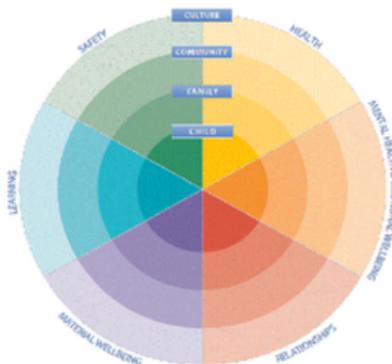
How We Work

We use the Family Action Plan & Outcome Star to help learn about what's going well and not so well in your life.

We will support you to develop skills to work towards the goals that you set during **Cusp** sessions.

These words are very important to us:

- Confidentiality
- Child Safe



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What you say with your worker stays private

Unless...

- Someone is hurting you
- You want to hurt someone else
- You want to hurt yourself
- You give me permission to share



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Safe Space for Everyone



Uplyft acknowledges the traditional owners of this land, their ancestors and Elders, and are committed to reconciliation amongst all Australians.

We promote the wellbeing of all children.



You have the right to...

- Choose whether or not you participate.
- Be included in decisions and discussions about you.
- Decide what you want to talk about with your worker.





Creative Space

Write or draw whatever is on your mind...

Do you have any question/s for your worker?