

Everyone Needs Support Sometimes

Sometimes we all need a little help. Talking about mental health doesn't have to be scary.

Stressful experiences can affect how we think, feel and act, and it's okay to ask for support.

With the right people around us, we can learn positive ways to manage challenges and build on our strengths.



Uplyft.

strong young futures

 **BENTLEY**

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We acknowledge the Traditional Owners of the lands on which we live and work, and pay our respects to Elders past and present.

Cusp

Supporting children
and young people's
mental health



About Uplyft Cusp

Cusp, Uplyft's Family Mental Health Support Service, is funded by the Australian Government Department of Social Services.

The Cusp program is a child/young people focused, family centred and strengths-based program that aims to improve mental health outcomes for vulnerable children and young people aged 5 to 18.

Cusp is available to residents of the City of Gosnells, City of Armadale or City of Wanneroo.

What we offer

Cusp is an early intervention mental health program that assists children and young people to develop skills and strategies to overcome challenges.

We do this by:

- Talking with children and young people in a safe, secure space of their choice which might be their home, school, community space or an Uplyft office
- Setting personal goals that encourage change
- Fostering partnerships with people who care
- Identifying and learning strategies that reduce the size and impact of challenges
- Exploring and acknowledging capacity for resilience
- Finding things that motivate us towards change
- Building on strengths and reducing vulnerabilities.

How we get started

Children and young people can contact us. Family members, schools, professionals or agencies can refer young people. Children and young people aged up to 18 can gain support through the Cusp program.

Centred on children and young people, focused on family, based on strengths, grounded in partnership

Learn more:

