

ABOUT US

The Courage Project is an initiative of Bravehearts that delivers a mental health service to disadvantaged and disengaged children and young people (under the age of 14) that have experienced trauma related issues. The service uses evidence-based, trauma informed approaches to support children and young people in their healing journey. The multidisciplinary team works with children and young people individually plus their non-offending family members and support services.

HOW WE CAN HELP

Helping survivors and families heal with holistic support and a trauma informed approach.

The Courage Project specialist counselling services are provided by Psychologists, Social Workers, Occupational Therapists and Counsellors who specialise in assisting children, young people and families to work through the trauma they have experienced by using evidence-based interventions and best practice.

All clinicians at The Courage Project understand the importance of working within a trauma informed framework and utilise a Family Systems and Strengths approach to help all clients and their families heal through their trauma experience.

Bravehearts

bravehearts.org.au

Information and Support Line

Freecall 1800 272 831
(Monday to Friday 8:30am - 4:30pm AEST)

Postal Address

PO Box 295, Mackay, QLD, 4740

Phone 07 4953 6600

Email intake@bravehearts.org.au



bravehearts.org.au/get-help/children-young-people-families/the-courage-project

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An initiative of

Bravehearts

bravehearts.org.au




OUR SERVICES

Counselling

The Courage Project specialist child counselling is tailored to meet the needs of the individual and, where possible, the family. This may include:

- Individual counselling and support
- Family support
- Protective behaviours and early intervention support
- Counselling support for problem sexual behaviours for children 12 and under.

Outreach



The Courage Project is funded by the Northern Queensland Primary Health Network to provide counselling and support services across the Mackay, Isaac and Whitsunday Regional Council areas.

We deliver counselling and child and family advocacy support services across the region to support children and young people both face to face, and via E-Health.

We also work closely with existing services and community stakeholders to deliver community information and awareness sessions to increase the local capacity and capability to support children and young people affected by physical and sexual abuse.

Child and Family Advocacy

The Child and Family Advocate assists children and families to navigate and understand the service system and how to access supports to meet their needs. This includes but is not limited to:

- Wraparound support for children, young people and their families who meet the eligibility criteria for the program
- Working with the child/young person to create a strengths-based individual plan and assisting them to achieve the goals that they set
- Assistance in navigating the tertiary and non-tertiary service systems including reporting to Police and/or Child Safety
- Assistance in providing referrals to appropriate support services outside of the scope of The Courage Project
- Provide community engagement, training and education to meet the needs of the local services and community
- Where appropriate, work in collaboration with the Counsellor supporting the child, young person and their families.



OUR CLIENTS

The Courage Project provides counselling services to:

- Children and young people (under the age of 14) who are at risk of developing a mental health illness or who already have a diagnosed mental health illness in the Mackay, Whitsunday and Isaac Regional Council areas.
- Children and young people (under the age of 14) who have experienced or are at risk of experiencing child sexual abuse and/or physical violence which may precipitate a mental health illness.
- Support services to their non-offending family members including parents, partners, siblings and others.

HOW TO ACCESS OUR SERVICES

The Courage Project welcomes referrals from external support agencies, parents and carers.

To access support, contact us directly using the details below.

Phone 07 4953 6600

Email intake@bravehearts.org.au

Web bravehearts.org.au

If you have any enquiries about The Courage Project, please don't hesitate to contact us on 1800 272 831.