



**Barwon  
Health**

**Barwon Health  
Youth Mental  
Health and  
Wellbeing Services  
(formerly Jigsaw)**

**Call: 1300 094 187  
24/7 help, information  
or referral**

Youth Mental Health and Wellbeing clinicians and psychiatrists provided various treatments for young people 12 – 25 years old who are experiencing a severe mental illness or are at risk of developing a severe mental illness.

## **Services include:**

Therapeutic interventions including Cognitive Behavioural Therapy (CBT), Mindfulness, Motivational Interviewing, Cognitive Analytic Therapy (CAT) etc.

Generic case management activities of service linkages and housing supports

Multi-family support group for young people with psychosis

Family consultation

Clinicians and medical staff are also able to provide secondary consultation to other services and can also provide one-off medical reviews to GPs upon request via a written referral