

GET REAL

YOUTH PROGRAM

for young people experiencing
substance misuse



Holyoake Tasmania

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COUNSELLING AND EDUCATION SERVICE

DRUGS · ALCOHOL · OTHER ADDICTIONS **CHANGING LIVES**



GET REAL

YOUTH PROGRAM

is for young people experiencing difficulties with:

DRUG/ALCOHOL MISUSE
RELATIONSHIPS
OFFENDING
STRESS, ANGER, GRIEF

Holyoake's **GET REAL** program is designed for young people aged 12-24 years who are experiencing difficulties with drug/alcohol misuse, offending and other addictive behaviours.

GET REAL aims to increase the young person's awareness of their own behaviours and the possible negative consequences to themselves and their relationships. It is a safe, supportive and confidential environment to share experiences, identify available choices and make positive changes.

The program focuses on topics such as: self-image; relationships; decision-making; stress, anger and grief; communication skills.

Referrals may be made through Police/Youth Justice, from schools or other services, or they may be self-referred. If a young person has offended, **GET REAL** may provide an alternative to sentencing.

Holyoake also offers support to:

- partners of people with addictions
- parents/other relatives
- friends
- adults with addictions
- children of parents with addictions
- adults with parents who have, or have had, addictions



**TO MAKE A REFERRAL OR TO FIND OUT MORE,
PLEASE PHONE (03) 6224 1777**