



What is Northern Kids Care?

Northern Kids Care is an early intervention and preventative support program for children or young people aged up to 18 years who have a parent with a mental illness.

Kids and young people may require support around:

- understanding mental illness and medication
- school and homework
- friends and relationships
- isolation and social support
- financial and housing stability
- basic needs and domestic burdens
- depression and self esteem
- conflict and anger
- drugs and alcohol
- illness.

How do kids and families access the program?

- By referral from an organisation that already knows the family.
- Your local health practitioner or case worker can refer you.
- Your school, a friend or a community member may be supporting you and they can also refer you to us.
- You can contact us directly and we will assist you to complete a referral form.

You do not have to be participating in any of our existing mental health programs to be referred to Northern Kids Care.

What happens next?

A Northern Kids Care case manager will talk with you and your family about what is happening for you, and any changes you would like to make in your life.

Together, we will identify your strengths and those areas that need to be further developed. And from there, work on a plan to support you to have more positive family relationships.



The Northern Kids Care program is jointly funded by:

- FaHCSIA
- The Ian Potter Foundation
- On Track Community Programs
- Rotary Club of Coffs Harbour City

And is supported by a range of local community agencies working in collaboration with On Track.

Northern Kids Care

Coffs Harbour:

Shop 16/20 Gordon St
Max Murray Mall
Ph (02) 6650 0874
Fax (02) 6650 9213

Tweed Heads South:

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Phone: (07) 5524 9732
Fax: (07) 5524 6745

Lismore:

48 Uralba St
Phone: (02) 6622 0309
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Australian Government
**Department of Families, Housing,
Community and Indigenous Affairs**



On Track Community Programs
Connecting people to their communities



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Supporting Kids, Supporting families...