

Individual and group programs

For teens:

- Medical care
- Individual counselling
- Resilience building and coping strategies
- Anger management
- School visits and liaison

For parents:

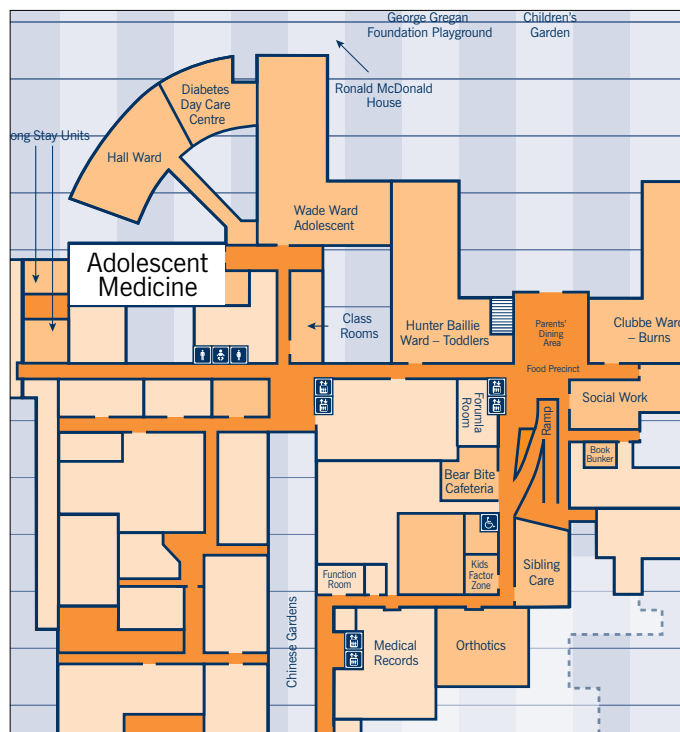
- Family counselling
- Positive parenting education
- Behaviour management
- Case co-ordination

Appointments

Please phone Teenlink on
(02) 9845 2446

The Teenlink Program is a collaborative project between SWAHS Drug and Alcohol Services and the Department of Adolescent Medicine at The Children's Hospital at Westmead.

Adolescent Medicine is on Level One, The Children's Hospital at Westmead



Health
Western Sydney
Local Health District

the **childr^{en}**'s hospital at Westmead

Teenlink

The Children's Hospital at Westmead
Corner Hawkesbury Road and Hainsworth Street
Locked Bag 4001 Westmead NSW 2145
Tel (02) 9845 0000



A health service for young people
aged 8 to 16 years with a parent
undergoing drug and alcohol treatment

teenlink

the **childr^{en}**'s hospital at Westmead



Are you worried about your teenager?

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Do you need to talk to someone about your teenager?

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Are they having trouble at school?

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Are there any health concerns?

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Does your teenager seem down or worried?

Teenlink may be able to help...

Teenlink is a health service for children (aged 8 to 16 years) with a parent undergoing drug and alcohol treatment.

The Teenlink team consists of a Paediatrician and a Psychologist.

We can help with a wide variety of concerns experienced by teenagers and their parents.

General health issues

- Physical health and nutrition
- Growth and development
- Sleep difficulties
- Teenage drug use
- Depression
- Anxiety
- Aggression
- Trauma
- Self harm

Family concerns

- Relationship issues with parents/carers
- Internet use

School troubles

- ADHD
- Learning difficulties
- Disruptive behaviour
- Bullying or teasing
- Trouble with teachers or peers

