

# a yarn at a time



At headspace Broome, we are making some changes to support the needs of young people in our community

## What is it?

### What is 'Yarn at a Time'?

It is an evidenced-based approach for helping you when things are hard or tricky. **Yarn at a Time** is a one off session where a counsellor can help you focus on what you most want help with



### Before you arrive

You'll be given a short questionnaire about what it is you would like to talk about in a **Yarn at a Time** session. This will be given to the counsellor who meets with you



Studies have shown the most common number of session is one, sometimes two – and this may be enough to help. If after a **Yarn at a Time** session, you feel you would like to continue talking to someone, longer-term counselling can be discussed



### FAQ'S

**How do I book in?** By calling reception, walking in, a referral by a friend or family, by a GP or someone else working with you

**Will I always see the same counsellor?** While we try our best, we can't guarantee it

**Can I get more support (more than one Yarn at a Time session)?** Yes, you can. Your counsellor will call you after your session to check in on how you're going and plan with you what you would like to do next

**What if I want to know more?**

Contact us on 08 9194 4500



### we are here to help...

*"Life can be a challenge. Having a yarn to someone can be helpful. At headspace Broome we have people who can help young people deal with life's twists and turns, a **Yarn at a Time**" (Anon)*