

Sometimes we need a little help

Discussing our mental health doesn't need to be scary. At times we all need assistance to understand our thoughts, feelings and actions, especially after periods of stress. It's important to recognise our strengths and vulnerabilities. Then, we can learn ways to manage our mental health challenges in partnership with people who care about us.



*Wanslea supports children and young people
to grow and develop, safely.*

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Wanslea acknowledges the Traditional Owners of country throughout Australia and recognises their continuing connection to land, waters and community. We pay our respects to them and their cultures; and to elders both past and present.



Cusp
*Supporting children and young
people's mental health*



What we offer

Cusp is an early intervention mental health program that assists children and young people to develop skills and strategies to overcome challenges.

We do this by:

- Talking with children and young people in a safe, secure space of their choice which might be their home, school, community space or a Wanslea office
- Setting personal goals that encourage change
- Fostering partnerships with people who care
- Identifying and learning strategies that reduce the size and impact of challenges
- Exploring and acknowledging capacity for resilience
- Finding things that motivate us towards change
- Building on strengths and reducing vulnerabilities.



How we get started

Children and young people can contact us.

Family members, schools, professionals or agencies can refer young people.

Children and young people aged up to 18 can gain support through the Cusp program.

Centred on children and young people, focused on family, based on strengths, grounded in partnership

Where?

The program is offered to residents in the City of Gosnells, the City of Armadale and the City of Wanneroo.

About Wanslea Cusp

Cusp, Wanslea's Family Mental Health Support Service, is funded by the Australian Government Department of Social Services.

