

## YOUTH COUNSELLING AND GROUP FACILITATION

Life can be challenging enough before accounting for issues around exploring and expressing our gender and sexuality. Regardless of what's impacting you, our LGBTIQ+ counsellors are available to support you.

Our free counselling service is open to LGBTIQ+ young people aged 12 to 25.

We also offer group facilitation which explores a range of topics.

We are here to support you in the things that matter most to you.

### We can support you with:

- Sexual health
- Sexuality and gender
- Questioning and exploring identity
- Coming out, transitioning and gender-affirming care
- Depression and anxiety
- Approaching addiction
- Communication and healthy relationships
- Grief, loss and trauma
- Stigma and discrimination

Our Counsellors can also support you with referrals to other relevant services if needed.

For more information, to book an appointment or find our group facilitation timetable call WAAC or visit our website.

## CONTACT US

Please feel free to contact the Freedom team for more information.

**FC Address** 60a Frame Court,  
Leederville WA 6007

**Head Office** 664 Murray Street,  
West Perth WA 6005

**Phone** (08) 9482 0000  
Drop In: 0451 459 389  
(Drop in phone is only monitored from 4-7.30pm on session days)

**Email** [info@freedom.org.au](mailto:info@freedom.org.au)

**Website** [freedom.org.au](http://freedom.org.au)



# Freedom

## LGBTIQ+ Youth Support Services

## FIND US ON SOCIALS



@freedomcentrepert  
@freedomstatewa



## ABOUT FREEDOM

Freedom is a culmination of all of WAAC's LGBTIQ+ youth support services which are delivered in Perth metro and in regional WA.

Freedom is primarily funded by the Mental Health Commission to prevent mental illness and promote mental health and wellbeing for LGBTIQ+ young people. This means that our focus is on education and prevention around mental health and sexual health.

We do this by providing support and information, and by maintaining a safe social space with healthy attitudes towards sexuality, gender, sex, respect, empowerment, self-esteem and education.

Freedom has and will continue to develop, change and grow over time to service the needs of the community.



## FREEDOM CENTRE (FC)

Freedom Centre is a peer-led drop-in centre for LGBTIQ+ young people, where we provide peer support informed by lived experience.

FC is a safe space for young people to explore their identity and connect with each other and their community.

Our staff and volunteers are peers, members of the LGBTIQ+ community and are trained to give support and information to young people, parents/caregivers, families, and community service workers.

**We host drop-in sessions that are safe spaces for LGBTIQ+ young people to:**

- Meet and socialise with other LGBTIQ+ young people
- Access support from our peer educators
- Access referrals to counselling and other services
- Find information related to your community
- Hang out and have fun

Our drop-in sessions are free, and we have guidelines and responsibilities to ensure everyone who visits is safe and respected. We have a range of different drop-in sessions. Visit our website or social media to see what sessions are running.

## COMMUNITY DEVELOPMENT

Our community development work aims to support and work with the broader community to create safer, inclusive and connected communities.

Our community development team have a broad scope and are available to work alongside local agencies, organisations, community groups and individuals to increase support for LGBTIQ+ young people.

**We can support you with:**

- Increasing visibility and awareness
- Community consultations
- Workshops and training
- Professional development
- Creating safe spaces
- Creating inclusive health and education services
- Inclusive workplace policy and practice development
- Building partnerships with organisations and community groups
- Hosting and supporting events

We work collaboratively with local groups, community members, and agencies to provide support and growth in the LGBTIQ+ space.

We also develop referral pathways to other services to ensure continuity of care for young people who may require comprehensive support.