

# DUAL DIAGNOSIS COUNSELLING PROGRAM

## HOW CAN THEY HELP ME ?

BRISBANE  
YOUTH  
SERVICE

### HOW DO I GET STARTED?

- Ask your BYS key worker for a referral
- Your key worker might check-in with you to see if you would like a referral to be made
- Your key worker will seek your consent before making a referral

### WHAT DOES DUAL DIAGNOSIS COUNSELLING LOOK LIKE?

- The counsellor is looking to meet you where you are at. We will focus on your goals relating to your substance use and co-occurring mental health symptoms.
- We can meet at a space where you feel safe like your home, a park, or any of the BYS offices. This program is voluntary meaning you can choose to leave at any time.
- You may choose to work with the Dual Diagnosis Counselling Program for a short or long time, depending on what type of support you are looking for.

### OUR DUAL DIAGNOSIS COUNSELLING COORDINATOR

I am a Social Worker with a love for music, nature and doggos. I love to cook and will often make pasta once a week as it's my favourite meal. My pronouns are she/her/hers.

I've been working at BYS for almost 3 years now within the AOD Team. I'm so excited to start working in the Counselling Program as I'm super passionate about normalising using substances and the impacts it can have on our mental health.

I take a holistic approach to each young person I work with. We will focus on goals that are important to you and explore different ways to make change that works for you.



GET TO  
KNOW EMMA!