



International Youth Day: Reminder about government support services available to young Australians

International Youth Day will be celebrated on Wednesday August 12th. In recognition of this event, the federal Department of Human Services has outlined some of the many support services it has available to meet the needs of Australia's young people. These range from study support to dental and hearing services.

If you would like more information about any of these services check out www.humanservices.gov.au or connect directly to the various links below.

Guiding Teens: Child Support Agency

Family separation brings extra stress into the lives of teenagers. The Child Support Agency's, *Family separation: a guide for teens* is a very useful booklet and website for young people to help them cope with family separation. It contains practical advice on how to cope with emotions, dealing with change, adjusting to step-families, what the future might hold as well as managing health and wellbeing.

Order your free booklet online at: www.youth.csa.gov.au or phone 1800 040 972.

Sound Advice: Australian Hearing

Australian Hearing is advising young people listen to MP3 players at a sensible volume. The recommendation is that MP3 players should be at a volume where you can still hear someone else at arm's length.

Exposure to loud sounds is the most significant single cause of hearing loss in Australia. Australian Hearing provides free hearing services for children and young adults aged under 21.

If you're worried about your hearing, check it over the phone for free by calling TelscreenTM on 1800 826 500.

Keeping Young People Smiling: Medicare Australia

The Medicare Teen Dental Plan helps with the cost of an annual preventative dental check for eligible teenagers aged 12-17 years.

A voucher is sent to eligible teenagers, their family or carer. The voucher covers one annual preventative check consisting of an oral examination and, if required, x-rays, a scale and clean, fluoride treatment, oral hygiene instruction, dietary advice and/or fissure seal.

For more information visit www.medicareaustralia.gov.au, call 132 011 or visit a Medicare office.

Working to get you a job: CRS Australia

CRS Australia helps young people aged 14 + with a mental health condition or disability to get and keep a job.



Expert staff provide practical support and advice to help young people manage the barriers to finding work, develop a resume, prepare for a job interview, find training and work experience and support them for up to six months once they're in a job.

More information available at: www.crsaustralia.gov.au

Support to Build a Future: Centrelink

Centrelink supports Australia's young people as they strive to build a future for themselves. Payments such as Youth Allowance, Austudy and ABSTUDY help full-time students with the cost of studying at school, university or while completing an apprenticeship.

Financial support is available for young job seekers through Centrelink as well as social work support and referrals to literacy and educational support programs.

Students and young job seekers who receive Centrelink payments and pay private rent, can also receive Rent Assistance

For more information about Centrelink support for students and young people visit www.centrelink.gov.au.

Media please note: For more information or to arrange an interview for any of these International Youth Day stories contact:

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