

Cornerstone Youth Services Inc.
delivers a range of services to young
people aged 12- 25 in the North and
North West of Tasmania

Other Cornerstone Programs

Youth Engagement Team (YET)
North & NW

young Aboriginal support program (yAsp)
North

West Tamar Youth Outreach (WTYO)
North

Referrals and Enquiries

Email: youthinmind@csys.com.au

WEB: WWW.CORNERSTONEYOUTHSERVICES.COM.AU

CORNERSTONE YOUTH SERVICES (NORTH)

First Floor, 24 Wellington Street
PO Box 7513
Launceston, TAS 7520
Phone: 03 6335 3100
Fax: 03 6335 3127


CORNERSTONE YOUTH SERVICES (NORTH WEST)

Level 1, 10 Mount Street
Burnie 7320
Phone: 03 6408 0251
Fax: 03 6408 0252

Level 1, 35 Oldaker Street
Devonport 7310
Phone: 03 6424 2144
Fax: 03 6424 6102

Cornerstone Youth Counselling





About Cornerstone

Cornerstone is a youth friendly service providing person-centered supportive approaches to mental health care. We thrive in being able to support young people achieve their mental health and wellbeing goals.

Our short term therapeutic counselling service is free and confidential for young people aged 12-25.

We offer appointments in our Launceston, Devonport and Burnie offices and currently provide a face to face service in Deloraine and George Town. We also offer telehealth for anyone who may have difficulty accessing these locations.

What to Expect

Your mental health clinician is committed to working with you to support your mental health goals.

You can receive up to 12 sessions as part of this program. Each session typically lasts up to 50 minutes. The first session may be longer for registration and goal setting purposes.

With your consent we can also offer support and education to your family or school.

Cancellation

If you need to cancel an appointment please let us know as soon as possible so we can reschedule.

How to Access Support

Contact us to discuss an appointment or refer a young person, or ask your GP to make a referral via a mental health care plan.



Mental health is an essential component of overall health and well-being. It affects how we feel, think, and act. Taking care of our mental health is important to living a healthy and fulfilling life.

The Short Term Psychological Interventions Program is Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program.