



About us

Oseca Health [Oseca] is a community based primary healthcare organisation, with a rich history spanning over 30 years. At our core, we believe that empowering individuals to enhance their wellbeing is essential for building thriving communities.

As a dedicated not-for-profit, community based organisation, our success is intertwined with the health and wellbeing of our communities, enabling us to contribute positively and meaningfully to the lives of those we serve.

Compassion Respect Integrity Excellence



Contact Us

For more information, please contact Youth Growth team at:

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Acknowledgement of Country

Oseca acknowledges that we provide services on Noongar country. We pay our respects to the people, the cultures and the Elders past and present.

This service is provided through funding from the Mental Health Commission



Government of **Western Australia**
Mental Health Commission



Youth Growth Peel

Early Support for a Brighter Tomorrow



What is the program?

Youth Growth provides preventative mental health support to high schools in the Peel region, tailored to each school's specific needs.

The program focuses on building resilient mental health through collaboration between students, staff, and school community members. Additionally, Youth Growth offers early intervention counselling for young people (ages 12-24) at the Peel Health Hub.



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Services provided

Youth Growth provides a range of services to support youth mental health in the Peel region, focusing on early intervention and building stronger school support systems.

- One-on-one counselling for youth aged 12-24
- School-based services including assessment, education and facilitation to support mental health capacity
- Collaborative goal setting with students, staff, and parents/caregivers
- Improved student mental health supports within school

Through these services, we aim to enhance mental wellbeing for young people and create supportive school environments.

Who is eligible?

The Youth Growth program is available to high schools for improving mental health resources and strategies within the school environment.

The counselling service is available to young people aged 12-24 years in the Peel region experiencing low to medium risk mental health challenges.

We offer several referral pathways:

- Self-referral
- Family, friend, or peer referral
- School, GP or other agency referral



How the services help

Youth Growth helps young people build resilience and improve mental health by providing early intervention counseling and support. We work closely with high schools to assess their capacity to support youth mental health and collaborate with students, staff, and parents to identify gaps in existing resources.

Through goal setting and targeted support, we enhance the mental health framework in schools. We have a mutual goal of better outcomes for students and a more supportive environment overall.