



Yarn at a Time

frequently asked questions

What is 'Yarn at a Time'?

It is an evidenced-based approach for helping you when things are hard or tricky. **Yarn at a Time** is one session that can help you focus on what you want and how **headspace Broome** can be of most help today.

What is the research behind Yarn at a Time?

Research has shown that half of young people who try a session, get the help they need, and that's enough! We also know for about a quarter of young people, they may want more than one session.

What happens before my Yarn at a Time session?

You'll be given a short questionnaire about what it is you would like to talk about. This will be given to the counsellor who meets with you. If you don't have enough time to do it before the session, we can help you fill it out when you arrive.

What happens after my Yarn at a Time session?

Your counsellor will make a time to call and check in with you. You can decide the one session was enough for now or, together you can make a plan for another session, make a referral for ongoing counselling support, or link up with the GP, Work & Study support or a Peer Worker.

How do I book in?

By calling our reception, walking in, a referral by a friend or family, a GP or someone else working with you.

Can I get more support (more than one Yarn at a Time session)?

Yes, you can. Your counsellor will call you to check in on how you're going and plan with you what you would like to do next.

Can I see the same counsellor?

While we try our best, we can't guarantee it.

What if I want to know more?

Please contact us on 08 9194 4500.