



MEDIA RELEASE

Subject: **'Here If You Need' Card**

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YOUNG people can connect to guidance and support with the help of a handy new contact card created in collaboration with local youth services.

The 'Here If You Need' card is a free colourful pocket-sized card, filled with contact details for youth support services available within The Rural City of Murray Bridge region.

Murray Bridge Wellbeing Hub Project Officer Bridgette Syrus said "the card aims to empower and support young people who find trying to access support services daunting and confusing."

"The card covers a wide range of areas from mental health and wellbeing to housing, legal services, financial assistance, community services and much more." she said.

"Additionally, the card isn't just for young people – it can be used by community and the services who work alongside young people and their families."

The card is a joint collaboration between the Murray Bridge Wellbeing Hub, Planet Youth Murray Bridge and The Station, all of which are local services aimed at supporting and championing young people in the Murray Bridge region.

Planet Youth Murray Bridge Project Officer Samara O'Toole said creation of the card was a great opportunity for local service collaboration.

"Planet Youth is about increasing the protective factors around alcohol and other drugs, so it is important that young people know what services are available to them in an easy to access format," she said.

"Planet Youth is community driven, making this the perfect opportunity for collaboration to support our young people."

Feedback on the cards content and design was provided by local young people involved in the Rural City of Murray Bridge Youth Council and The Station programs.

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The Rural City of Murray Bridge Tourism and Volunteer Management Support Officer Sarah Shepherd said Youth Council members were excited to be involved with the project.

"They understand that engaging young voices in the feedback process is not just important – it's imperative," she said.

"By involving youth in shaping policies and initiatives, we pave the way for a more inclusive and forward-looking society.

"This collaborative approach doesn't just impact young lives; it transforms the future landscape we all share.

"Thank you to the Murray Bridge Wellbeing Hub for promoting the wellbeing of youth and taking us on the journey."

Printed versions of the 'Here If You Need' cards will be distributed to local service providers and schools, and will also be available from the Murray Bridge Community Centre, The Square, The Station and the Local Government Centre.

A digital version of the card is available on [The Rural City of Murray Bridge website](https://www.ruralcityofmurraybridge.sa.gov.au).

For more information contact Bridgette at the Murray Bridge Wellbeing Hub on 0468 640 800 or wellbeinghub@mbcci.org.au.

***This is a joint project between The Rural City of Murray Bridge, Murray Bridge Community Centre and Wellbeing SA.
Proudly supported by Planet Youth Murray Bridge and The Station.***