

DIANNA YOUNG

Drug & Alcohol/Mental Health Clinician

PG Cert. Hsc. B.A.S.S. (c)

DAPAANZ Registered Practitioner/Supervisor

Mobile: 021 941 085,

Email: dianna_young@nzf.salvationarmy.org

Hi, I'm Dianna Young.

I'm a registered Alcohol and Drug, and Mental Health Clinician / Counsellor, employed by The Salvation Army and contracted exclusively to the racing industry.

This industry is unique in many ways, and most of those ways are exciting and positive. However, the stress on people in the industry may be overwhelming at times.

We are in 2020. There is no longer a stigma around getting help.... or there shouldn't be.

I am passionate about being able to provide the support that any racing participant requires.

Let's work together to keep this wonderful industry healthy and thriving, by encouraging each other to reach out for help and support when we need it.

Some of what I can provide:

Alcohol and Drug:

Diagnosis, assessments, advice, reports, referrals, detoxification, residential care, treatment, support, education.

Counselling:

Stress, grief, bullying, trauma, coping skills, communication skills, abusive relationships, and anything else.

Mental Health:

Assessments, referrals, advice, education, support.

All sessions are confidential.

"Dianna helped me when I was in a really bad place. I didn't realise it at the time, but I had depression. I had no energy to get up in the mornings for work and I was struggling with keeping my weight down. I had all these negative thoughts in my head all the time. I started to hate riding. I had a couple of times when I thought about ending it but talked myself out of it. I was stressed out and started to get on the grog more so I wouldn't feel as bad. I thought I was just being weak and needed to 'suck it up'. I was hard to ask for help but I knew I had to cause I was getting really bad.

She came and saw me and figured out I was depressed straight away. After I was on medication for a few weeks and with her help, I felt like myself again. Dianna also helped me see what had caused the depression and how to deal with that better. She's smart and really cares. I'm really grateful she helped me through or I might have been another racing statistic". – Name withheld due to confidentiality.

"Last year I got sent to drug counselling with Dianna by the JCA. I thought it would be stupid and I would just show up and get it over with. But I learned a lot about myself and why I do what I do. I've had counselling before but she's the best one I've had. I even kept having counselling after my JCA sessions were up. It's good that there's a counsellor in the industry that we can go to for free and talk with". – Name withheld due to confidentiality.