



*Transforming
lives for stronger
communities*

FREE counselling for school aged children

It is normal for children to feel afraid or overwhelmed during these uncertain times and some stress and anxiety is to be expected.

However, if you know a child who is finding the enforced adjustments to their lifestyle difficult or have concerns about returning to school, the Heartlinks counselling team is here to support them.

This service is aimed at school aged children, without a mental health diagnosis, who will benefit from a brief period of therapeutic support, generally three to six sessions, to assist them to overcome stress or anxiety resulting from the COVID-19 pandemic.

Thanks to funding provided by the Australian Government under the South Eastern Melbourne Primary Health Network (SEMPHN), Heartlinks of Family Life is able to provide these services, **FREE** of charge to children within the SEMPHN catchment.

Who can access the service?

A child attending school (excluding pre-school) or living within the following local government areas can access the service: Bayside, Glen Eira, Stonnington, Port Phillip, Dandenong, Casey, Cardinia, Kingston, Frankston and Mornington Peninsula. Priority access will be given to children aged 12 and under.

How can you access the service?

Anyone can make a referral to the service by contacting the SEMPHN Access and Referral Team.

A GP referral is not required.

Phone: 1800 862 363 (8.30am-4.30pm weekdays) and ask about the “Family Life Covid-19 Program”.

Or refer directly by accessing the SEMPHN referral [form](#).

Note - in the Presenting Issues section of the form write “Family Life Covid-19 Program” along with any presenting issues.

For more information about the SEMPHN Access and Referral team or to access the referral form go to www.semphn.org.au/resources/access

Who is providing the service?

Heartlinks of Family Life has been providing trauma informed, quality counselling services to children, parents and families in the Bayside and Mornington Peninsula areas since 2015. All Heartlinks’ counsellors use child-focussed and trauma informed therapeutic practices and always consider the issues and the individual in the context of their environment, experiences and family.

How are the services provided?

During the pandemic restrictions, all counselling will be provided via a secure, online, telehealth (video) platform or over the phone. Face to Face counselling will recommence once it is legal and safe to do so. Heartlinks has consulting suites in Sandringham and Frankston.

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Want more information: visit us at heartlinks.com.au

Email us at heartlinks@familylife.com.au or call (03) 8599 5488

Facebook: facebook.com/heartlinksau **Instagram:** instagram.com/heartlinksau