



**CatholicCare**  
VICTORIA  
*Strengthening families & communities*

## Family Mental Health Support Service



### Early intervention and prevention to support families in Shepparton, where a family member or child is at risk of developing poor mental health.

#### Who is the Family Mental Health Support Service (FMHSS) for?

- Children and young people aged 18 and under and their families, living in the City of Greater Shepparton.
- Family members or children who are at risk of developing mental health problems (however they do not need to have an official diagnosis of mental illness).
- Families experiencing stressful transitions such as divorce, separation, unemployment, a new baby, transitioning to primary or secondary school, or a death in the family, etc.
- Families experiencing challenging circumstances such as homelessness, drug and alcohol misuse, family violence or past trauma.
- Young people leaving out-of-home care or who are known to Child Protection (but **not** children under the care of the child protection system).
- Aboriginal and Torres Strait Islander families.
- People from culturally and linguistically diverse populations, including recently arrived migrants and refugees.

#### How can a family access FMHSS?

Families can be referred to FMHSS by friends, family, schools, or other community services.

Alternatively, families are welcome to self-refer by contacting FMHSS directly.

#### How does FMHSS help?

- **Short-term immediate assistance and information**, which may include up to six sessions of practical support, advocacy and referral to other appropriate agencies.
- **Intensive intervention and support**, provided over 6-12 months and focusing on helping the family to achieve their identified goals. Intensive support can include therapeutic one-on-one education for children and young people and/or their families, help with family communication and parenting strategies, practical help with family routines and activities for children. FMHSS can liaise with other key agencies involved with the family, such as school wellbeing, and services can be provided to families in their homes.
- **Stress Busters** is a FREE anxiety management and wellbeing program for kids and pre teens. The program is comprised of 4x60 minute sessions, delivered in small groups at school, or one-on-one.
- **Family Wellbeing Workshops** are offered FREE to groups at community centres and schools. They cover a range of parenting topics (see overleaf for details).
- **Community development and mental health promotion.** We provide education and information on child development and mental health and wellbeing for parents and carers. We also offer professional development sessions for schools and playgroups.

Family Mental Health Support Service  
68 Wyndham Street, Shepparton VIC 3630  
T (03) 5820 0444  
E [shep@ccds.org.au](mailto:shep@ccds.org.au)

[www.catholiccarevic.org.au/fmhss](http://www.catholiccarevic.org.au/fmhss)



### **Hooked online - where do we draw the line?**

Technology can provide hours of entertainment and can aid in child development. But how much screen time is too much? This workshop is for parents wanting to know more about the benefits - and pitfalls - of technology and provides practical tips on managing their child's screen time. (Single session workshop)



### **Tuning in to Kids**

Helping our children to manage their emotions and behaviour is important for a child's wellbeing- at all stages of development. This parenting program helps mums and dads to build strong relationships with their children enabling families to communicate, even in difficult times. For parents with children under the age of 10. (Six-week program)



### **Emotikids**

Teaching kids how to deal with strong emotions from an early age can help to prevent or mitigate mental health issues, and enable kids to identify when they need support. The Emotikids program runs every school term, and is primarily aimed at 5-7-year-old children who are showing signs of increased worry or anger. (Six-week program)



### **Stress Busters!**

Helping children to manage their emotions is important for a child's wellbeing . This program helps primary school aged children to understand and manage their anxiety and anger. Outcomes include improved concentration at school and better relationships with family and friends. (Four-week program)



### **Seasons for Growth**

Seasons for Growth is an education program for children, young people or adults who have experienced significant change or loss. This program provides people with a safe space to come together and share their experiences. It is led by trained Companions and can be run in schools, parishes and community and health care settings.



### **Bringing Up Great Kids**

This program- for parents with children under the age of 12- uses mindfulness and reflection to help parents examine and improve communication with their children. By building more respectful and positive interactions, parents can support their child's development and positive identity. (Single session workshop or six-week program)