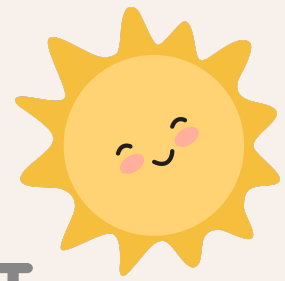


ACCESSING

MENTAL HEALTH SUPPORT



When do I need to think about accessing mental health support for my kiddo?

You might want to think about accessing mental health support for your child if you notice persistent changes in mood, behavior, or daily functioning that interfere with their well-being. This might include ongoing anxiety, frequent emotional outbursts, withdrawal from friends or activities, difficulty coping with stress, or changes in sleep and appetite. If a child expresses thoughts of self-harm, struggles with school or relationships, or seems overwhelmed by their emotions, or if there has been a significant loss or family disruption.

The School Counsellor provides short-term support, crisis intervention, and guidance in an educational setting, which is vital...but it is strongly advised that you seek support from an external psychologist/counsellor or social worker also.

They will be able to explore the deeper work with a child and their family.

They offer longer term therapeutic interventions and possible diagnosis, and support for the whole family, especially during school holiday time.

Collaboration between this support and the School Counsellor can happen with signed consent forms, and will provide a wrap around support for your child.

Options

Alright, I'm convinced, how do I go about finding this support?

1. Your Doctor.
2. Private Practices.
3. Your EAP
4. Victim Services
5. Community Services
6. Phone & Web Help

1. Your Doctor

Take your kiddo to your doctor, and let them know you are after mental health support for your child. They will be able to give you a Mental Health Care plan, which allows you a \$130 rebate through medicare for clinical mental health practitioners. They should be able to advise you of some child specific practitioners in your area.

2. Private Practice

There are plenty of Private Practices for the finding out there in the Illawarra. Google: Illawarra parents guide, counsellors & psychologists. Google: child psychologists Wollongong. Choose from the extensive lists and call regarding availability and specialties. Remember, if a practitioner isn't working for you or your kiddo, you can change.

4. Victim Services

If you have a police report number from an incident that involved your kiddo, or believe your child is experiencing ongoing bullying, you will be eligible for the Victim Services scheme through the NSW government. This scheme offers up to 44 free sessions with a approved Victim Services Counsellor. Google: Victim Services Counselling, and follow the prompts.

3. Your EAP

Ask your workplace about their EAP provider, call them and have your child access this.



5. Community Services

Headspace Wollongong
(02) 4627 9089
Subsidised Psychiatrists,
psychologists, youth counsellors
& mental health clinicians.

Catholiccare Wollongong
Subsidised Family Counselling
4254 9395

6. Phone & Web Support

For Parents,

[ReachOut Australia](#) has some great resources for parents around managing difficulties with your kiddos.

·[Kids Helpline](#) | [Phone Counselling Service](#) | [1800 55 1800](#) Also has parenting resources.
[1300 1300 52](#) | [Parent Line NSW](#)

For Kiddos, remembering, kiddos don't always feel comfortable talking to adults face to face, and may benefit from internet/phone support. These are often also 24/7 support services, for those 2am troubles:

[ReachOut Australia](#) also has some great resources for kids (particularly older ones), as well as peer blogs that are moderated by mental health professionals.

[Kids Helpline](#) | [Phone Counselling Service](#) | [1800 55 1800](#) Kids Helpline has a Counselling webchat, and phone line.

[Lifeline Australia](#) - 13 11 14 - [Crisis Support](#). [Suicide Prevention](#). Webchat and phonelines.