

YOUTH MENTAL HEALTH REFERRAL OPTIONS

Service	What they can offer	Who they support
<p>E-mental health tools See headtohealth.gov.au for options</p>	<p>Evidence based self help May be clinician supported</p>	<p>Can be the first option for young people with mild presentations, or support young people waiting for face to face services</p>
<p>Private allied health professionals through Better Access Find a health service on www.healthdirect.gov.au</p>	<p>Short term (10 sessions) targeted psychological therapies May require a gap fee.</p>	<p>Young people with GP mental health treatment plans</p>
<p>Psychological Support Services (PSS) www.cesphn.com.au/PSS</p>	<p>Short term (12 sessions) targeted psychological therapies No gap fee</p>	<p>Young people with mild to moderate mental health needs Requires a referral and GP mental health treatment plan</p>
<p>Headspace centres www.headspace.org.au</p>	<p>Youth friendly environment Comprehensive psychosocial assessment Intensity of services is matched according to the presenting needs of the young person and can include: non-therapeutic groups, psychosocial support, individual therapy, and more intensive psychiatry and care coordination support for eligible young people provided by specialist teams at each of the centres (CASPAR and HEIT teams). Can support with alcohol and other drugs concerns Each centre has a unique mix of additional services, such as therapeutic, social support groups, exercise physiology, family therapy, vocational support and art groups. Each centre is managed by a different lead agency under the headspace banner so the mix of services they provide will vary across centres. Contact your local centre to find out what they offer or visit their website.</p>	<p>Young people 12-25 years with mild to moderate mental health needs</p>
<p>Child and Adolescent Mental Health Services (CAMHS) Contact the Mental Health Line on 1800 011 511</p>	<p>Multidisciplinary care teams including psychiatry support and close links to acute care services</p>	<p>Children under 18 with diagnosable mental health conditions that cannot be supported in primary care.</p>
<p>Psychiatry Support Line Register by visiting gpsupport.org.au or by calling 1800 16 17 18</p>	<p>Free service for GPs to help manage the care of mental health consumers, providing advice on diagnosis, investigation, medication and safety plan.</p>	<p>Available for any GPs in Central and Eastern Sydney</p>