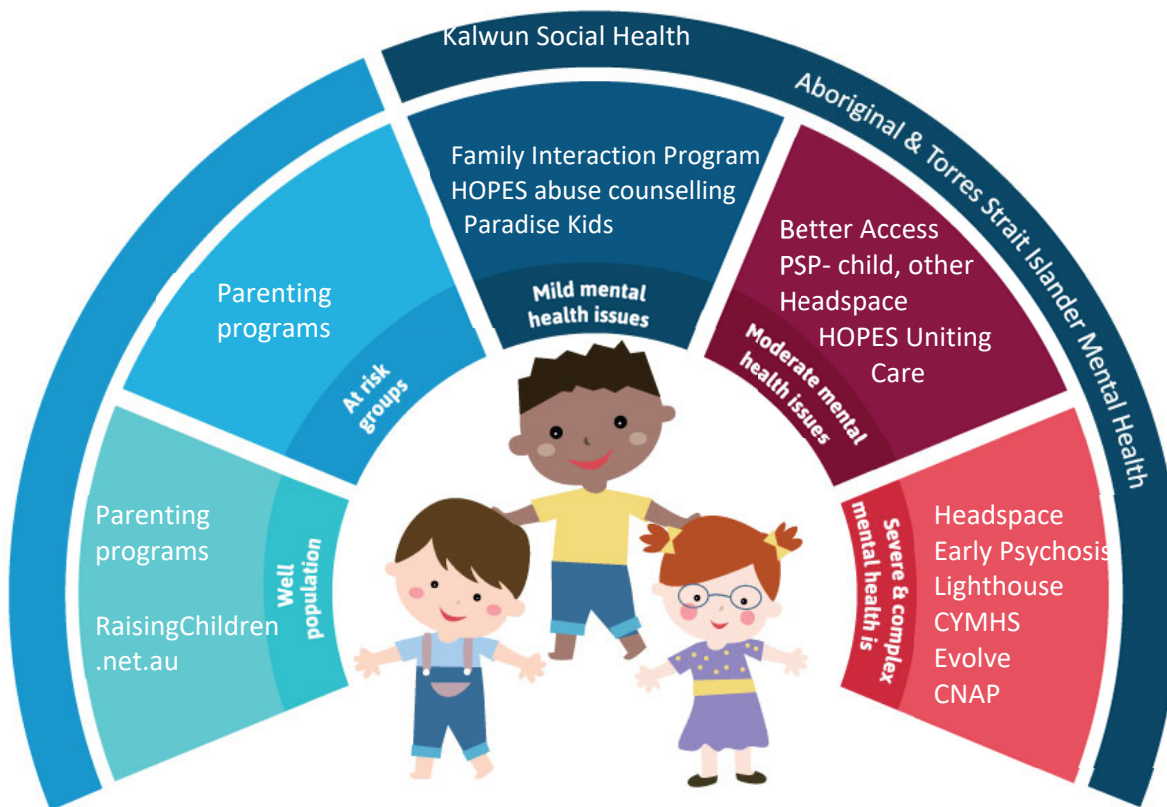


## Mental Health Services for Children and Young People in Care

These are the free or low cost mental health support services available to children and young people in care on the Gold Coast. Select service based on the severity of mental health condition and other requirements. As of December 2019.



### Online and telephone services

- **Websites** – [headspace](#); [Kids Helpline](#); [Youth beyondblue](#); [ehespace](#); [ReachOut](#)
- **Phone** – Kids Helpline 1800 551 800; Beyond Blue 1300 224 636; headspace 1800 650 890
- **Online counselling** – [beyondblue's online chat](#); [headspace's online chat](#)

### Preventive and Early Intervention

- **Parenting programs** such as Circle of Security, Attachment and Biobehavioural catch up, and the Family Interaction Program. Carers can attend all parenting programs.
- **Trauma awareness training** – Mini C-STARS with Evolve or through Foster and Kinship agency.

### Mild-Moderate Mental Health Needs

- **Family Interaction Program** – DCSYW funded. Griffith University Health Clinic. Programs: Parent/Carer-child Interaction Therapy, Circle of Security, Regulating Overload and Rage. Age 1-12. Child Safety clients prioritised. Southport 5678 9105 Email: [fip@griffith.edu.au](mailto:fip@griffith.edu.au)
- **HOPES Abuse Counselling** – DCSYW funded. UnitingCare Broadbeach and Oxenford. 5579 6000 Email: [hopesgc@uccommunity.org.au](mailto:hopesgc@uccommunity.org.au)
- **Sexual Abuse Counselling Service** – DCSYW funded. Act for Kids outreach service. 5656 8600

- [Paradise Kids Grief and Loss Counselling](#) – may have small cost. Arundel 5625 1900
- [headspace](#) – Funded by the PHN. Age 12-25 mental health, physical health, work and study support and AOD services (Medicare's BetterAccess will be used for this service). Southport 5509 5900. Tweed Heads 5589 8700
- **Mental Health Treatment Plan through GP (Better Access)** - Medicare funded, need GP referral. Some services charge gap fee. See attached list for bulk billing services and other Psychologists and their special interests. Up to 10 allied mental health services (psychiatrists, clinical psychologists, registered psychologists and appropriately trained social workers and occupational therapists) per calendar year for psychological therapy where there is a "clinically diagnosable disorder that significantly interferes with an individual's cognitive, emotional or social abilities". Patients will also be eligible to claim up to 10 separate services for the provision of group therapy. It is recommended that Better Access is used before below PSP program.
- **Psychological Services Program (PSP)** - funded by PHN. No gap fee. 21 providers funded for specific categories: Children (aged 0-12); LGBTIQAP+, Suicide prevention, homelessness and ATSI. Up to 6 sessions or for suicide prevention up to 8 three times a calendar year. Access is via a GP referral. More information [here](#). If you think there is a need for more intensive therapy, for continuity of care it may be best to choose a one of the 21 PSP providers for the Better Access referral, then the child can see the same Psychologist for both funding streams.

### Severe and Complex Mental Health Needs

- **Lighthouse ([Lives Lived Well](#))** – Funded by PHN. age 12-18. Complex trauma therapy service for young people aged 12-18, with or at risk of, severe mental illness. Southport (outreach also available) 5699 8248.
- **headspace Early Psychosis** - Funded by PHN. Provides specialist mental health treatment services for young people aged 12-25 experiencing or at increased risk of psychosis. Eligibility: Presents with any attenuated psychotic symptoms such as: overvalued ideas, magical ideation, perceptual disturbances and/or decline in functioning over the last 3 months. 0423 614 781.
- **Evolve** – DCSYW funded. Child Safety Officer to refer when there are highly complex mental health concerns that could benefit from a MDT approach. Southport Health Precinct 5687 9300. You can call the office before putting referral in to discuss likelihood of eligibility and expected wait. Prior psychological interventions must have been tried.
- **Complex Needs Assessment Panel for Young people** - Where current service system has been unable to meet needs and a collaborative multi-agency approach is required (age 0- 18). [More information](#).

### Aboriginal and Torres Strait Islander children and young people

- **Social Health team at Kalwun** – Funded by the PHN for Aboriginal and Torres Strait Islander children and young people with social and emotional wellbeing needs. Can support whole family. Outreach services available (will go to client). Contact Kalwun social health team at [socialhealth@kalwun.com.au](mailto:socialhealth@kalwun.com.au) or 5526 1112.

For Logan/Beenleigh area, [Brisbane South PHN](#) provides similar services for children and young people.

For further child and youth mental health services not specific to children in care, see the *Mental Health Services for Children and Young People information sheet*.

