

## Child and Family Counselling Services

Child and Family Counselling Services are provided at seven Community Health Centres throughout Nepean Blue Mountains Local Health District. Counsellors can help you work through issues or concerns, including: anxiety, child behavioural issues, and depression. Counsellors also run group programs for parents and children to help them address particular issues or challenges.

Phone: 1800 222 608

## headspace

headspace provides mental health services to 12-25 year olds. The service is designed to make it as easy as possible for a young person and their family to get the help they need for problems affecting their wellbeing. Penrith headspace offers services in four main areas: mental health, physical health, work and study support and alcohol and other drug services. Services can be accessed through headspace centres, and online.

Website: <http://headspace.org.au/>

Penrith headspace: 606 High St. Penrith

Phone: 4720 8800

## Child and Youth Mental Health Services

Nepean Blue Mountains Local Health District has a specialist mental health service for children and young people. This is called the Child and Youth Mental Health Service, or CYMHS (pronounced Kims). CYMHS provides a range of services in the local community to children, young people and their families where the child or young person has been identified as having a significant psychological, psychiatric or behavioural problem or problems.

CYMHS is located at 606 High St. Penrith, in the same building as headspace. CYMHS clinicians also work out of community mental health centres across the Local Health District.

Referrals to CYMHS is via the Mental Health Line: 1800 011 511.

## School-Link

School-Link is a program run by NSW Health and Education. It helps school and TAFE staff to identify mental health issues in children and young people aged under 18 and to know the ways to support them. If you are concerned about your child's emotional wellbeing, you can contact the support staff at your local school or TAFE. This may be the Deputy Principal, Year Advisor or School/TAFE Counsellor.

