Mental Health and Counselling services for children, adolescents and young people living in South Eastern Sydney are located across three areas: Eastern Suburbs, St George and the Sutherland Shire. These are confidential and free services for the community and all have access to interpreter services when required. This document details the child, adolescent and youth mental health teams that operate in each area and information about how to refer a child, adolescent or young person to the service.

Executive Sponsor: David Pearce, Director of Operations, SESLHD Mental Health Service.
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EASTERN SUBURBS

SERVICE
Child and Family East (CAFÉ)
Cnr Avoca and Barker Street
Prince of Wales Hospital
Randwick NSW 2031

Ph: (02) 9382 8213 (8.30am – 5.00pm, Monday to Friday)
Fax: (02) 9382 8105

WHAT THE SERVICE PROVIDES
Child and Family East offers assessment and treatment for a wide range of difficulties encountered by infant, pre-
school and school-aged children and their families (children aged 0 – 12 years). Problems may include:
- Behavioural difficulties
- Anxiety disorders
- Emotional disturbance
- Attention difficulties
- Social skills difficulties
- Neuropsychiatric disorders
- Coping with family changes, illness, death or trauma

Treatments may include:
- Counselling
- Parent education
- Individual and family therapy
- Medication therapy
- Consultation to pre-schools, schools and other community agencies
- Consultation and liaison service to Sydney Children’s Hospital

HOW TO MAKE A REFERRAL
A parent or guardian is required to make the referral via phone. Other referring agents (e.g., school personnel,
General Practitioner [GP], other professional) can call to inform CAFÉ of the referral. Paediatricians and other health
professionals working in the Sydney Children’s and Prince of Wales hospitals and their associated services may also
refer. A child can only be seen with the consent of a parent/ legal guardian.

Referrals can be made by contacting the Intake Worker on:
(02) 9382 8213, Monday – Friday, 8.30am – 5.00pm
Telephone calls received outside these hours will be recorded on an answering service.
EASTERN SUBURBS

SERVICE

The Adolescent Service
McNevin Dickson Building
Prince of Wales Hospital
Randwick NSW 2031

Ph: (02) 9382 4347 (8.30am – 5.00pm, Monday to Friday)
Fax: (02) 9382 4358

WHAT THE SERVICE PROVIDES

The Adolescent Service is for teenagers aged 12 - 18 years and their families who are trying to adjust to changes and manage difficulties in their lives. Difficulties may include:

- Relationships – with parent or friends
- Sexuality
- Eating Disorders
- School
- Health concerns
- Depression
- Anxiety
- Anger Management

Interventions provided include:

- Individual counselling
- Family counselling
- Group programs for adolescents

HOW TO MAKE A REFERRAL

The Adolescent Service is available to young people of high school age (Year 7 – Year 12) who live in the Eastern Suburbs. A referral can be made by the adolescent themselves, family members, school counsellors, GPs or other professionals. Adolescents 16 years and older can attend the Adolescent Service independently. Those under 16 years require parental consent.

Referrals can be made by contacting the Intake Worker on:
(02) 9382 4347, Monday – Friday, 8.30am – 5.00pm
Telephone calls received outside these hours will be recorded on an answering service.
EASTERN SUBURBS

SERVICE

Youth Mental Health Team
The Bondi Junction Centre
26 Llandaff Street
Bondi Junction NSW 2022

Ph: (02) 9387 8610 (8.30am – 5.00pm, Monday – Friday)
Fax: (02) 9387 1070

The Youth Mental Health Team aims to improve access for young people aged 14 -24 years to specialist mental health care, with a particular focus on young people who may be at risk of developing psychosis or emerging mental health disorders. The team works together with the young person’s family/ carers and existing adolescent and adult mental health services.

Young people may be referred to the team if they have one or more of the following issues:
• Significant decline or change in psycho-social functioning
• An increase in out of character behaviour
• Unusual thought content, perceptual abnormalities and disorganised speech/thoughts that may indicate an emerging mental illness. These symptoms are not of the intensity, frequency or duration to meet criteria for a psychotic illness.
• A parent or sibling with a mental illness.

WHAT THE SERVICE PROVIDES
• Specialist youth mental health assessment
• Flexible access/ outreach mental health service delivery
• Specialised assessment for young people at risk of developing mental illness
• Early intervention mental health services
• Referral to appropriate agencies/ services for support and ongoing care, including vocational support, as indicated
• Youth friendly mental health information
• Referral and support regarding access to mainstream health and youth services

HOW TO MAKE A REFERRAL
Referrals to the Youth Mental Health Team can be made via The Adolescent Service or Acute Care Team intake service on 1800 011 511. The Youth Mental Health Team does not take referrals directly. Referrers can request the Youth Mental Health Team service when referring or the intake worker may recommend the Youth Mental Health Team if this is an appropriate service for the young person being referred.
EASTERN SUBURBS

SERVICE

Early Psychosis Program (EPP)
The Bondi Junction Centre
26 Llandaff Street
Bondi Junction NSW 2022

Ph: (02) 9366 8610 (8.30am – 5.00pm, Monday – Friday)
Fax: (02) 9387 1070

The Early Psychosis Program provides specialist multidisciplinary assessment and an individualised package of care for young people aged 15 to 25 years who have experienced a first psychotic episode. These young people are usually within the first two years of acute psychosis and within the first five years of functional decline. The team works together with the young person’s family/ carers and existing adolescent and adult mental health services.

Young people may be referred to the team if it is clear that they are experiencing symptoms of psychosis:
- Perceptual abnormalities
- Disorganised speech/thoughts
- Significant decline in psycho-social functioning
- An increase in out-of-character behaviour
- Unusual thought content
- Paranoid thoughts

WHAT THE SERVICE PROVIDES
- Flexible access/ outreach mental health service delivery
- Comprehensive multidisciplinary assessment of the young person using a biopsychosocial approach that also considers the family system
- Pharmacological interventions to address the symptoms of psychosis while minimising side effects
- Individualised family support, education and therapy, and multiple family groups
- Individualised supportive psychotherapy within a solution focussed and competency based framework
- Individualised occupational therapy intervention to maintain school, study, vocational, leisure and self-care roles
- Referral to appropriate agencies/ services for support and ongoing care as indicated
- Youth friendly mental health information
- Referral and support regarding access to mainstream health and youth services

HOW TO MAKE A REFERRAL
Referrals to the Early Psychosis Program can be made via the Acute Care Team intake service on 1800 011 511. The Early Psychosis Program does not take referrals directly. Referrers can request the Early Psychosis Program when referring or the intake worker may recommend the Early Psychosis Program if this is an appropriate service for the young person being referred.
If the student is at significant risk of harm (sexual assault/physical abuse/emotional abuse, neglect/other child protection matter), contact Community Services on 133 627

**SCHOOL COUNSELLOR** or other referrer

Student who resides in EASTERN SUBURBS

For children 0 – 12 years of age, parents or guardians can contact Child and Family East (CAFÉ) on (02) 9382 8213

The intake worker will take the referral. Other referrers (e.g., school counsellor, GP) can call to inform CAFÉ of the referral.

For Adolescents 12 – 18 years of age, parents, guardians, young people, school counsellors, GPs or other referrers can contact The Adolescent Service on (02) 9382 4347

The intake worker will take the referral.

For young people 14 – 24 years of age at ultra high risk of serious mental illness (e.g., psychosis), enquire about referral to Youth Mental Health Team via:
- Acute Care Team Intake 1800 011 511
- Adolescent Service (02) 9382 4347 (if 12 – 18 years of age)

Intake worker at contacted service will triage the referral and determine if referral is urgent, semi-urgent or non-urgent (e.g., risk of harm to self or others)

**URGENT**

Intake worker will advise parent/guardian to take young person to the Emergency Department at:
- Sydney Children’s Hospital (for children 0 – 15 years), High St, Randwick (02) 9382 1111
  - or
- Prince of Wales Hospital (16 years of age and over), Barker St, Randwick (02) 9382 2222

**SEMI-URGENT**

**NON-URGENT**

Referral taken to service specific allocation meeting.

If referral is appropriate, a clinician is allocated and appointment made with the family at the earliest opportunity.

Referrals are triaged according to priority. At times of demand some referrals will be placed on a waiting list.

If the contacted service is not suitable, the family referred/referrer will be contacted and consulted re: referral to another service or agency.
**SERVICE**

*St George Child & Adolescent Mental Health Service*

34 Woniora Road
Hurstville NSW 2220

Ph: (02) 8198 7300
Fax: (02) 8198 7317

**WHAT THE SERVICE PROVIDES**

The St George Child & Adolescent Mental Health Service (CAMHS) is a community based counselling and mental health service for children and young people (under 18) and their families who live in the St George area. The service also sees mothers who are experiencing difficulties with attachment and bonding with their child. Counsellors within the CAMHS team include Psychologists, Social Workers, Occupational Therapists and Clinical Nurse Consultants. A Child and Adolescent Psychiatrist is also part of the team and appointments with them are scheduled as required. The team offers individual, group and family interventions.

People referred to the CAMHS Team may be experiencing:
- Worries or concerns around school, friends, family, parenting, etc.
- Sadness, depression or feeling overwhelmed
- Stress and anxiety
- Anger, frustration or confusion
- Any other social, emotional or behavioural issues that may be concerning the young person and their families

St George CAMHS also offers **ACUTE ASSESSMENTS** and management for acutely distressed young people up to 18 years of age (e.g., risk to self and others, an emerging psychosis).

**HOW TO MAKE A REFERRAL**

Referrals can be made by contacting:

*Intake on (02) 1800 011 511 (number operates 24/7)*.

Referrals can be made by family members, the young person themselves (if aged 16 years or older), schools, GPs or any other professionals. Children 15 years and under require parental or guardian consent.
ST GEORGE

SERVICE

Youth Mental Health Service
St George Community Mental Health Centre
Level 1, 15 Kensington Street
Kogarah NSW 2217

Ph: (02) 9553 2500 (8.30am – 5.00pm, Monday – Friday)
Fax: (02) 9553 2525

The Youth Mental Health Team aims to improve access to specialist mental health care for young people aged 14 -24 years, with a particular focus on young people who may be at risk of developing psychosis or emerging mental health disorders. The team works together with the young person’s family/ carers and the St George Child & Adolescent Mental Health Service and Adult Mental Health Services.

Young people may be referred to the team if they have one or more of the following issues:
- Significant decline or change in psycho-social functioning
- An increase in out of character behaviour
- Unusual thought content, perceptual abnormalities and disorganised speech/ thoughts that may indicate an emerging mental illness. These symptoms are not of the intensity, frequency or duration to meet criteria for a psychotic illness
- A parent or sibling with a mental illness

WHAT THE SERVICE PROVIDES
- Specialist youth mental health assessment
- Flexible access/ outreach mental health service delivery
- Specialised assessment for young people at risk of developing mental illness
- Early intervention mental health services
- Referral to a mental health rehabilitation clinician for Vocational, Education, Training and Employment (VETE)
- Referral to appropriate agencies/ services for support and ongoing care as indicated
- Youth friendly mental health information
- Referral and support regarding access to mainstream health and youth services

HOW TO MAKE A REFERRAL

Referrals to the Youth Mental Health Team can be made via the Intake service, 1800 011 511. The Youth Mental Health Team does not take referrals directly. Referrers can request the Youth Mental Health team service when referring or the intake worker may recommend the Youth Mental Health Team if this is an appropriate service for the young person being referred.
SERVICE

**Recent Onset Psychosis Team**
St George Community Mental Health Centre
Level 1, 15 Kensington Street
Kogarah NSW 2217

Ph: (02) 9553 2500 (8.30am – 5.00pm, Monday – Friday)
Fax: (02) 9553 2525

The Recent Onset Psychosis Team provides specialist multidisciplinary assessment and an individualised package of care for young people aged 16 years and over who have experienced a first psychotic episode in the past two years. The team works together with the young person’s family/carer and existing adolescent and adult mental health services.

Young people may be referred to the team if it is clear that they are experiencing symptoms of psychosis:
- Perceptual abnormalities
- Disorganised speech/thoughts
- Significant decline in psycho-social functioning
- An increase in out-of-character behaviour
- Unusual thought content
- Paranoid thoughts

**WHAT THE SERVICE PROVIDES**
- Flexible access/outreach mental health service delivery
- Comprehensive multidisciplinary assessment of the young person using a biopsychosocial approach that also considers the family system
- Pharmacological interventions to address the symptoms of psychosis while minimising side effects
- Individualised family support, education and therapy
- Individualised supportive psychotherapy within a solution-focussed and competency-based framework
- Individualised occupational therapy intervention to maintain school, study, vocational, leisure and self-care roles
- Referral to appropriate agencies/services for support and ongoing care as indicated
- Youth friendly mental health information
- Referral and support regarding access to mainstream health and youth services

**HOW TO MAKE A REFERRAL**
Referrals to the Recent Onset Psychosis Team can be made via **Intake on 1800 011 511**. The Recent Onset Psychosis Team does not take referrals directly. Referrers can request the Recent Onset Psychosis Team when referring or the intake worker may recommend this team if this is an appropriate service for the young person being referred.
If the student is at significant risk of harm (sexual assault/physical abuse/emotional abuse/neglect/other child protection matter), contact Community Services on 133 627.

For referrals to St George Child and Adolescent Mental Health Service (CAMHS) or Youth Mental Health (YMH) or Recent Onset Psychosis Team, contact Intake 1800 011 511. Intake staff will help determine the particular service that the young person should be referred on to. Staff will complete a Triage and action the referral. All services are listed below. These services communicate with one another on a regular basis.

St George CAMHS work with children 0-18 years who are experiencing social, emotional or behavioural difficulties.

St George CAMHS also offers an ACUTE ASSESSMENT and management for acutely distressed young people up to 18 years of age (e.g., suicidal, serious self-harm). Phone (02) 8198 7300 for enquiries.

For urgent after hours referrals, the St George ACUTE CARE TEAM can be contacted on (02) 9553 2595 and an acute assessment may be offered.

Youth Mental Health Service for young people 14-24 at ultra high risk of serious mental illness (e.g., psychosis). (Referrals for young people 14-18 years will be allocated via the CAMHS allocation meeting. Referrals for young people 18-24 years will be allocated via the Adult MH allocation meeting.)

Recent Onset Psychosis Team for young people aged 16 years and experiencing a recent episode of psychosis. (Referrals for young people 16-18 years will be allocated via the CAMHS allocation meeting. Referrals for young people 18-24 years will be allocated via the Adult MH allocation meeting.)

ACUTE

A clinician will contact the referrer and/or the family to confirm the referral details. If the service is suitable, an appointment will be arranged with the family as soon as possible.

NON-URGENT

After a referral has been received, a clinician from one of the services will call the referrer and/or family to confirm referral details. The referral will be taken to the next allocation meeting. If the referral is appropriate, a clinician will be allocated as soon as possible. If the service is not suitable, the referrer/family will be contacted and consulted re: referral to another service.
SUTHERLAND SHIRE

SERVICE
Mindset
Sutherland Child, Youth and Family Team
Sutherland Hospital and Community Health Services

All referrals for counselling to be made through the Intake Officer: Ph (02) 9522 1000

Staff are based across three centres:
Community Health Caringbah, The Sutherland Hospital, 430 Kingsway, Caringbah 2229. Ph: (02) 9522 1000
Menai Community Health Centre, 32 Allison Crescent, Menai 2234. Ph: (02) 9543 1111
Engadine Community Health Centre, 116D Caldarra Avenue, Engadine 2233. Ph: (02) 9548 4300
Clients are able to attend any centre, but will be offered the first available appointment regardless of location.

WHAT THE SERVICE PROVIDES
Mindset Child Youth & Family Team is staffed by Social Workers, Psychologists and Clinical Psychologists. Counselling and psychological services are available to children, adolescents (up to age 18) and their parents/carers, who live in the Sutherland Shire.

Specific services provided include:
- Developmental and mental health assessments
- Family assessment and intervention
- Individual assessment for family and parenting issues
- Counselling for children and adolescents
- Group programs for adults, children and adolescents
- Consultation to schools, health services, government and non-government agencies, private practitioners
- Information on health and community resources available for families

Examples of common problems that mindset deals with:
- Perinatal difficulties
- Parenting difficulties – from babies to adolescents
- Children and adolescents who:
  - have behavioural problems
  - are anxious, depressed and sad
  - have poor social skills
  - have sleep problems
  - have adjustment issues
  - have loss and bereavement issues
  - have experienced trauma or past abuse and are not eligible for counselling through specialised services such as the Child Protection Unit
  - have other emotional and developmental problems

In addition, domestic violence counselling is available for women over 18 years

HOW TO MAKE A REFERRAL
Contact the Intake Officer at Community Health Caringbah on (02) 9522 1000.
Appointments are available 8:30am to 5.00pm weekdays by appointment. When requests for services are higher than normal, waiting times do increase. Clients who require appointments out of school hours may have to wait longer.

In the case of emergencies and for young people who are at significant risk of harm, carers/parents/guardians should call the Acute Care Team (ACT) on (02) 9540 7831 or take the young person to the Emergency Department at The Sutherland Hospital (The Kingsway, Caringbah 2229. Call (02) 9540 1111).
These are specialised multidisciplinary services for young people who are experiencing acute mental health issues, are at ultra high risk of psychosis, or experiencing a first episode psychosis. The services also work closely with the young person’s family and carers.

Services are based at Caringbah Community Health Service and Sutherland Mental Health Service (all on the grounds of Sutherland Hospital).

Ph: Intake Service 1800 011 511

WHAT THE SERVICE PROVIDES

- Specialist mental health assessment
- Flexible access/outreach mental health service delivery
- Early intervention mental health services
- Referral to a mental health rehabilitation clinician for Vocational, Education, Training and Employment (VETE)
- Referral to appropriate agencies/services for support and ongoing care
- Youth friendly mental health information
- Referral and support regarding access to mainstream health and youth services
- There is a Clinical Nurse Consultant who is also available for consultations for young people with acute mental health issues (e.g., suicidal, serious self-harm) who are referred via the Sutherland Hospital Emergency Department or Acute Care Team.

HOW TO MAKE A REFERRAL

People aged 14 – 25 who live, study or work in the Sutherland area may be referred if they have one or more of the following issues:

- Acute mental health issues
- A noticeable/significant decline in psychosocial functioning
- An increase in out of character behaviour
- A parent or sibling with a major mental illness
- A previous history of mental health issues (e.g., anxiety/depression/OCD)
- Unusual thought content
- Perceptual abnormalities
- Disorganised speech/thoughts

Referrals can be made by contacting:
Intake on 1800 011 511 (number operates 24/7).

Young people who are already attending the Sutherland Child, Youth and Family Counselling Service can also be referred to these services via their allocated clinician.
Flow chart of Child, Youth and Family and CAMHS/Youth Mental Health Services Sutherland Shire

If the student is at significant risk of harm (sexual assault/physical abuse/emotional abuse, neglect/other child protection matter), contact Community Services on **133 627**

**IMMEDIATE RISK**
Immediate response required (e.g., immediate risk of suicide, overdose, imminent violence, fire risk)

*Enact response as per School Procedures, inform parents of situation*

Phone 000 for Police/Ambulance/Emergency Services or
Follow school procedures to ensure safe transport of student to Emergency Department of nearest hospital

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If the student is at significant risk of harm (sexual assault/physical abuse/emotional abuse, neglect/other child protection matter), contact Community Services on **133 627**

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**SCHOOL COUNSELLOR** or other referrer

Student who resides in Sutherland Shire

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**URGENT**

If child/adolescent is at acute risk (e.g., self-harm, suicidal), contact:
- Acute Care Team (02) 9540 7831;
  or
- Take the young person to Emergency (Sutherland Hospital, The Kingsway Caringbah, (02) 9540 1111)

Once crisis has been resolved, the young person may be referred to the Child, Youth and Family Counselling service or the CAMHS/Youth Mental Health Service/Early Psychosis Team for ongoing support

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**NON-URGENT**

For children/adolescents between 0 – 18 years of age with social, behavioural and/or emotional concerns, contact mindset Child, Youth and Family Team, Intake Officer on (02) 9522 1000

For young people between 14 – 25 years of age who are at **ultra high risk of serious mental illness** (e.g., psychosis), or experiencing a first episode psychosis contact the CAMHS/Youth Mental Health Service/Early Psychosis Team via Intake: **1800 011 511**

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**Referral taken to service specific allocation meeting.**
If the service is suitable, a clinician will be allocated as soon as possible.

If the contacted service is not suitable, the referrer/family will be contacted and consulted re: referral to another service or agency.
Intellectual Disability is defined as:

- A valid global IQ score more than 2 standard deviations below the mean (below 70 on most IQ tests).
  An IQ score is valid if the obtained IQ score is not an artefact of other factors such as a visual problem, hearing problem, physical disability, intoxication, drugs, illness, English as a second language, symptoms of a mental illness or other factors which interfere with a person’s ability to respond to items in an IQ test.

An IQ score is a global measure of intelligence if there are no (or a relatively small number of) significant differences between subtests and no significant differences between sub-indices of IQ. Some conditions such as autism often lead to abnormal profile differences on IQ tests because some abilities (usually non-verbal) are stronger than others. Another example is acquired brain injury, which often leads to specific cognitive deficits side by side with unaffected cognitive functioning. In both cases the full scale IQ score is not a good measure of overall intellectual functioning and should not be used to classify someone as intellectually disabled.

As a general principle intellectual disability is developmentally acquired. Because the child, for some reason (e.g. a syndrome) is less able, than same age peers, to cognitively process information and learn, they develop cognitive abilities and adaptive life skills at a slower rate and peak (in early adulthood) at a lower level of cognitive ability and adaptive behaviour skills.

- Adaptive Behaviour that is significantly below that of same age peers. This is usually measured by using an adaptive behaviour scale (such as the Vineland of the SIB-R) with population norms. The child scores below two standard deviations below the mean and scores in the disabled range in most (if not all) sub-domains (areas such communication, socialisation, community access, self-help or similar areas).

- Onset prior to age of 18 years. Usually not a consideration for a child or adolescent. Most conditions that cause an intellectual disability are present from birth or pre-school. However, for a small number of people with an intellectual disability the disability is due to a condition that was onset at a later age, usually an illness or accident that causes brain damage. This can include febrile convulsions, head injury or very early onset psychosis (ages 12 to 15 years). As a general principle the earlier in life the causal condition occurs the more likely that the child will have an intellectual disability which is global in nature. The same or similar events later in life can have different outcomes, because overall development is less compromised and the pattern of deficits tends to be more specific and less global.

For educational and other purposes intellectual disability is often sub-classified as mild, moderate, severe and profound:

**Borderline Intellectual Functioning**: This is an ill-defined category for students with an IQ score in the 70s. It signifies low intellectual functioning, but is not an intellectual disability. About 6% of the population have an IQ in the range 71 to 79.

**Mild Intellectual Disability**: Defined by having an IQ score in the 55 to 70 range. About 1.5% of the population.

**Moderate Intellectual Disability**: Defined as have an IQ score in the 40 to 54 range. About 0.5% of the population.

**Severe Intellectual Disability**: IQ tests cannot measure below an IQ score of 40, but a person can be diagnosed as having a severe intellectual disability if they cannot be assessed due to lack of ability. About 0.1% of the population.
Children and adolescents with an intellectual disability have three different kinds of mental health problems which may require assessment and/or intervention.

These three kinds of mental health problems vary in prevalence with level of intellectual disability:

<table>
<thead>
<tr>
<th>Mental Disorders. The same kinds of mental health problems (anxiety, depression, ADHD, psychosis, etc.) as non-intellectually disabled</th>
<th>Mild</th>
<th>Moderate and Severe</th>
</tr>
</thead>
<tbody>
<tr>
<td>High rates compared to non-intellectually disabled</td>
<td>High rates but diagnosis can be more difficult due to a lack of communication skills leading to an inability to express thoughts and feelings</td>
<td></td>
</tr>
</tbody>
</table>

| Behaviour Problems. Behaviourally defined problems, such as aggression, self-injury, absconding | Low rates compared to more intellectually disabled | Higher rates than mild |

| Autistic behaviour, such as strict adherence to non-functional routines, very odd behaviour and becoming very upset over small changes | High rates compared to non-intellectually disabled | Higher rates than mild, but can be more difficult to diagnose |

As a general rule Mental Disorders are dealt with by Mental Health Services and Behaviour Problems and Autism by ADHC or ADHC funded services. However, diagnostic difficulties can make it hard to identify what kind of mental health problem a student has. In the St George and Sutherland areas, the Developmental Assessment Service (DAS) can take referrals of all kinds and carry out specialised assessments.

**Developmental Assessment Service (St George and Sutherland)**

Cnr Railway Parade and Belgrave Street
Kogarah NSW 2217

Ph: (02) 8566 1222

In the Eastern Suburbs, the Tumbatin Clinic provides diagnostic and assessment services, for children 0-6 years of age. Children with identified intellectual disability can be offered medical reviews until 16 years of age.

**Tumbatin Clinic**

Sydney Children’s Hospital Community Health Centre
Corner Avoca and Barker Streets
Randwick NSW 2031

Ph: (02) 9382 8189
If the student is at significant risk of harm (sexual assault/ physical abuse/ emotional abuse, neglect/ other child protection matter), contact Community Services on 133 62 7.

**IMMEDIATE RISK**
Immediate response required (e.g., immediate risk of suicide, overdose, imminent violence, fire risk)
Enact response as per School Procedures, inform parents of situation
Phone 000 for Police/ Ambulance/ Emergency Services
or Follow school procedures to ensure safe transport of student to Emergency Department of nearest hospital

**SCHOOL COUNSELLOR** or other referrer

Student who resides in South East Sydney LHD

**URGENT**
If child/adolescent is at acute risk (e.g., self-harm, suicidal), Follow Normal Pathway for Children and Adolescents, without an Intellectual Disability

**NON-URGENT (Intellectual Disability)**
Mild Disability (IQ 55 to 69) (1.5% of students)
Moderate Disability (IQ 40 to 54) (0.5% of students)
Severe Disability (IQ < 40) (0.1% of students)

Follow the normal pathways for Children and Adolescents without an Intellectual Disability

St George/Sutherland: Developmental Assessment Service (DAS)
Comprehensive range of health services including: Psychiatry Clinic Health Clinics School Clinics (SSPS)
Ph: (02) 8566 1222
Eastern Suburbs: Tumbatin Clinic provides only developmental and diagnostic assessment and medical review
Ph: (02) 9382 8189

ADHC (and ADHC funded)
All services being devolved to NGOs and private therapists in preparation for the NDIS
Ph: 9334 3700

Referral taken to service specific allocation meeting. If the service is suitable, a clinician will be allocated as soon as possible.

If the contacted service is not suitable, the referrer/ family will be contacted and consulted re: referral to another service or agency

Once crisis has been resolved, the young person may be referred to the Child, Youth and Family Counselling Service or the Youth Mental Health Service for ongoing counselling/ support
SESLHD Child and Adolescent Mental Health Programs

School-Link
Coordinator based at Prince of Wales Hospital, Euroa Centre
Barker Street
Randwick NSW 2031

Ph: (02) 9382 4543 or 9382 8361
Fax: (02) 9382 2320

School-Link is a collaborative initiative between the NSW Ministry of Health and the NSW Department of Education and Communities to improve the mental health of children and young people in NSW. The aims of School-Link include:

- Early identification of mental health issues
- Provide access to evidence-informed mental health early intervention programs in schools and TAFEs
- Early access to specialist mental health services
- Support for the recovery journey

School-Link also focuses on strengthening the links between schools, TAFE institutes and colleges, school and TAFE counsellors and District Mental Health Services for children, adolescents and young people. School-Link can facilitate education about child and adolescent mental health issues for health and education staff, as well as the planning and implementation of evidence-informed programs aimed at promoting mental health, preventing mental health problems and intervening early for children and adolescents with signs and symptoms of mental health problems.

The School-Link Coordinator for South Eastern Sydney Local Health District covers the Eastern Suburbs, St George and Sutherland Shire areas.

Clinical Coordinator – Eating Disorders
Coordinator based across the SESLHD.
Ph: 0429 587 473

The SESLHD Eating Disorder Network Co-ordinator is a state-wide position that is located three days per week at SESLHD and two days per week at the NSW Centre of Eating and Dieting Disorders (www.CEDD.org.au). A large part of this role involves assisting in the development and implementation of the NSW Service Plan for People with Eating Disorders (2013-2018). This Plan aims to develop evidence-based treatments within local health districts to treat people with eating disorders promptly, equitably and above all, effectively.

The Eating Disorders Clinical Coordinator is a point of contact for anyone needing to access services for a person with an eating disorder. Other tasks include responding to emergency needs and requests, establishing relationships in order to assess facilities’ current and potential eating disorders’ services, liaising with tertiary services, and providing supervision and training where needed.
Children Of Parents with Mental Illness (COPMI)
Eastern Suburbs: (02) 9382 3791 or 0427 140 150
St George and Sutherland: (02) 9553 2500 or 9552 1002 or 0409 893 772

The COPMI program is a specialist service which provides support for children of parents with a mental illness and their carers, who are clients of the Adult Mental Health Services or CAMHS. The program is part of the NSW Health COPMI Framework. The COPMI position provides support in the following areas:

- Consultancy to adult mental health clinicians around care planning for COPMI and the parenting support needs of their adult clients
- Provision of short-term needs assessment and psycho education to COPMI and their families in conjunction with the adult and child mental health clinicians
- Provision of training for health staff with regards to development of COPMI inclusive practice to enable better recognition of COPMI issues
- Provision of training for community services / non-government organisations (NGOs) to raise awareness about COPMI issues for their organisation and practice implications
- Liaison with community services including schools, NGOs and welfare services, to develop service links with adult mental health services
- Attendance at clinical meetings and other team meetings to raise awareness of COPMI issues
- Development of resources for adult mental health clinicians to enhance their capacity to respond to COPMI support needs
- Liaison with the state COPMI network to share service information and obtain information on state and national COPMI initiatives, and to distribute new resources.

SAFE START
Coordinator based at Prince of Wales Hospital, Euroa Centre
Barker Street, Randwick
Ph: (02) 9382 4474

The Families NSW strategy is the NSW Government’s prevention and early intervention strategy aimed at giving children aged up to 8 a good start in life. Families NSW is based on a universal population based approach to prevention and early intervention and is implemented through a range of service models. SAFE START is the mental health component of Families NSW.

SAFE START provides a model for the provision of coordinated and planned mental health responses to vulnerable families who are expecting or caring for an infant (up to 2 years of age). Health workers who provide psychosocial assessment and depression screening in the primary health care setting are trained to identify and refer vulnerable families who are at risk of or experiencing mental health problems.

The SAFE START model presents a rationale for maternity, child and family and other primary health professionals (such as GPs) to identify psychosocial or mental health risk during the perinatal period. It proposes a spectrum of coordinated clinical responses to the various configurations of psychosocial risk factors and mental health and drug and alcohol problems. These issues are identified through universal psychosocial assessment and depression screening during pregnancy and the first two years of parenting. It also examines the broader specialist role of Mental Health Services in addressing the needs of parents with, or at risk of, developing mental health problems.

The SESLHD SAFE START model has been developed and endorsed to provide a pathway for women in the perinatal period. It is intended to assist you, as the clinician, to negotiate service provision and policy requirements for the assessment and treatment of women in the perinatal period.

The SESLHD SAFE START project positions contribute to the consolidation of integrated care pathways and sustainable performance monitoring frameworks, according to the NSW SAFE START Policy, and can be contacted for further information as required.
OTHER COMMUNITY SERVICES PROVIDING MENTAL HEALTH AND COUNSELLING SUPPORT TO CHILDREN, ADOLESCENTS AND YOUTH

EASTERN SUBURBS

SERVICE
Central and Eastern Sydney Primary Health Network
Child Mental Health Service (CMHS) - Access to Allied Psychological Services (ATAPS)
Child Mental Health Service 0-12 years

Ph: (02) 9330 9999
Fax: (02) 9016 0150
Email: mentalhealth@cesphn.com.au
Website: www.cesphn.org.au

WHAT THE SERVICE PROVIDES
ATAPS child mental health services aim to provide early intervention by delivering evidence based short-term psychological strategies to children under 12 years of age (and their parents and/or guardians where appropriate) who have, or are at risk of developing, a mild to moderate mental, childhood behavioural or emotional disorder. It focuses on hard to reach groups such as culturally and Linguistically Diverse (CALD), Aboriginal and Torres Strait Islander, out of home care children and children of parents with a mental illness.

Sessions can be used for the child alone, child and parent/carer, or parent/carer alone but the focus must always be on the child.

ATAPS provides up to 12 sessions per calendar year, with a review after 6 sessions, plus an additional 6 sessions in exceptional circumstances.

HOW TO MAKE A REFERRAL
Referrals can be received from a GP, paediatrician or psychiatrist. A referral is for 3 sessions to carry out a comprehensive assessment of the child; if treatment is required the clinician will be required to complete a Child Treatment Plan.

Provisional referrals for a diagnostic assessment can also be made by school counsellors, school principals, deputy principals, directors of early childhood centres and centre managers in Community Managed Organisations (CMOs).

Non-GP referrers complete the ATAPS Provisional Referral Form and fax this to the Triage team (Fax: 02 9016 0150) or send via email to mentalhealth@cesphn.com.au.

If approved, the parent/carer is contacted and an appointment is made for the child. The service is free to eligible clients who meet the criteria.

CONTACT
For further information contact the Child Mental Health Coordinator on (02) 9020 7048.
EASTERN SUBURBS

SERVICE
Bondi Beach Cottage Incorporated
42 Brighton Boulevard
North Bondi NSW 2026

Contact details: Patricia Harrington
Ph: (02) 9365 1607
Fax: (02) 9365 1366
Email: admin@bondibeachcottage.org.au
Website: www.bondibeachcottage.org.au

WHAT THE SERVICE PROVIDES
- Occasional childcare
- Family Support services provide a free service for the following:
  - Counselling for domestic and family violence, support and case management
  - General counselling supporting clients with: anxiety, depression, post natal depression, parenting and case management
- Groups
- Art therapy/child adolescent counselling

HOW TO MAKE A REFERRAL
Clients can be referred by the following: NSW Police, doctors, agencies, schools, specialists

If referred by Police, the domestic and family case worker will contact the client to make an appointment that best suits the client and the service.

If a self-referral, the client can contact the Family Support service to make an appointment.

All referrals to the Art Therapist require an assessment with the parent/caregiver and the child/adolescent to determine the most appropriate service.
EASTERN SUBURBS

SERVICE

**headspace Bondi Junction – opening soon**

20 Bronte Road  
Bondi Junction NSW 2022

Contact details:
Ph: (02) 9366 8800
Fax: (02) 9366 8888
Email: headspacebondijunction@health.nsw.gov.au
Website: [www.headspace.org.au](http://www.headspace.org.au)

9.00am-5.00pm – Monday, Wednesday, Friday
10.00am-6.00pm – Tuesday and Thursday

WHAT THE SERVICE PROVIDES

headspace is the National Youth Mental Health Foundation funded by the Commonwealth Government. The primary focus is the mental health and wellbeing of young people aged 12-25, particularly those with mild to moderate mental health conditions.

headspace can assist with:
- General health (including sexual health)
- Mental health and counselling
- Education, employment and other services
- Alcohol and other drug services

HOW TO MAKE A REFERRAL

Young people accessing services at headspace will not be refused access to care on the basis of residential suburb. Clients that reside ‘out of area’ will be seen at any headspace site.

GPs, school counsellors, youth workers and school principals are able to make referrals to headspace Bondi Junction. A referral to attend, written on behalf of a young person, can be provided once a young person is able to consent and after 14 years of age. If the young person is under 14 years of age, a parent or guardian must also consent to any referral and treatment.

Referral forms will be available to download from the headspace Bondi Junction website, once operational.

Once completed, please forward referrals, with any accompanying documentation, to headspace Bondi Junction via fax, post or email. Alternatively, a young person, parent or carer can call the relevant site to speak to a Youth Access Team Clinician on intake, or present to the site in person.

Alternatively, **e-headspace** is a confidential, free and secure space where young people aged 12 – 25 years or their family can chat, email or speak on the phone with a qualified youth mental health professional.
Website: [www.headspace.org.au](http://www.headspace.org.au)
Ph: 1800 650 890
EASTERN SUBURBS

SERVICE
Learning Links
Maroubra Office:
3rd Floor, Bowen Library
669-673 Anzac Parade
Maroubra Junction NSW 2035
Ph: (02) 9349 4963
Email: Maroubra@learninglinks.org.au

Contact details: Michelle Button
Ph: (02) 8525 8222 (8.00am -6.00pm, Monday to Friday)
Fax: (02) 9584 2054
Email: mbutton@learninglinks.org.au
Website: www.learninglinks.org.au

WHAT THE SERVICE PROVIDES
Counselling services for children and adolescents diagnosed with or experiencing the following:
- AD/HD
- Anxiety
- Depression
- Social skills concerns
- Autism spectrum disorders
- Behavioural concerns
- Grief and loss
- Bullying
- Low self esteem
- Relationship concerns

Learning Links also provides counselling services to parents and other family members.

Specialist Group Programs assist children with specific needs such as improving social skills and supporting transitions. Specific programs are conducted for children experiencing depression, anxiety or difficulties with anger management. Parenting programs are also available.

HOW TO MAKE A REFERRAL
Phone a Learning Links location to make an enquiry. Michelle Button, Manager Educational Psychology will return a parent’s call to discuss his/her child’s needs. During this initial discussion Michelle will recommend an assessment or counselling options for the child. School professionals are welcome to enquire about services specific to the school.

NB: A referral from a GP is required if seeking to claim Medicare rebates through the Better Outcomes Mental Health Care program.
ST GEORGE

SERVICE

Calvary Bereavement Counselling Service
Holistic Healing Centre
57 Ercildoune Avenue
Kogarah NSW 2217
Ph: (02) 9553 3025 (8.30 – 5.00pm, Monday to Friday)
Fax: (02) 9553 3026
Head of Department: Peter Kadwell
Email: Peter.Kadwell@health.nsw.gov.au

WHAT THE SERVICE PROVIDES

Calvary Bereavement Counselling Service is a free specialist grief counselling service.

Counselling is provided to children 3 ½ years and older, individuals, couples and families following a significant death, regardless of the cause of death.

Interpreters can be booked for non-English speaking people.

Eligibility:
Family and friends of someone who has died at Calvary Health Care Kogarah, includes children and young people 3 ½ years and older ONLY where the deceased died at Calvary Health Care Kogarah or was under the care of the Community Palliative Care Team.

Bereaved adults living in the area bound by Kyeemagh to the north, Bundeena to the South, Riverwood to the west and the ocean seaboard to the east.

Bereaved adults living outside the area but the deceased died within the area.

HOW TO MAKE A REFERRAL

Bereaved people can self-refer for counselling and parents / caregivers can refer children. Phone (02) 9553 3025.

The service isn’t a crisis service. People who are acutely unwell are not suitable for the service.
SUTHERLAND SHIRE

SERVICE
Interrelate Family Service
Shop 1C 383-385 Port Hacking Road
South Caringbah NSW 2229

Ph: (02) 8522 4400
Fax: (02) 8522 4410
Website: www.interrelate.org.au

Opening Hours: Counselling and Group programs
9.00am-6.00pm, Monday and Wednesday
9.00am-8.30pm, Tuesday and Thursday
9.00am-5.00pm, Friday

WHAT THE SERVICE PROVIDES
Seasons for Growth – a group program for children to gain support after the death of a parent or due to separation of parents.

Counselling with adolescents – an initial appointment needs to take place with a parent. Both parents need to give permission for the child to see the counsellor.

HOW TO MAKE A REFERRAL
Self-referral. Phone (02) 8522 4400.
WHAT THE SERVICE PROVIDES
ATAPS child mental health services aim to provide early intervention by delivering evidence based short-term psychological strategies to children under 12 years of age (and their parents and/or guardians where appropriate) who have, or are at risk of developing, a mild to moderate mental, childhood behavioural or emotional disorder. It focuses on hard to reach groups such as culturally and Linguistically Diverse (CALD), Aboriginal and Torres Strait Islander, out of home care children and children of parents with a mental illness.

Sessions can be used for the child alone, child and parent/carer, or parent/carer alone but the focus must always be on the child.

ATAPS provides up to 12 sessions per calendar year, with a review after 6 sessions, plus an additional 6 sessions in exceptional circumstances.

HOW TO MAKE A REFERRAL
Referrals can be received from a GP, paediatrician or psychiatrist. A referral is for 3 sessions to carry out a comprehensive assessment of the child; if treatment is required the clinician will be required to complete a Child Treatment Plan.

Provisional referrals for a diagnostic assessment can also be made by school counsellors, school principals, deputy principals, directors of early childhood centres and centre managers in Community Managed Organisations (CMOs).

Non-GP referrers complete the ATAPS Provisional Referral Form and fax this to the Triage team (Fax: 02 9016 0150) or send via email to mentalhealth@cesphn.com.au.

If approved, the parent/carer is contacted and an appointment is made for the child. The service is free to eligible clients who meet the criteria.

CONTACT
For further information contact the Child Mental Health Coordinator on (02) 9020 7048.
**SUTHERLAND SHIRE AND ST GEORGE**

**SERVICE**

**headspace**

**headspace Miranda**  
Suite 5/5A, 522 Kingsway  
Miranda NSW 2228  
Ph: (02) 9575 1500  
Fax: (02) 9575 1544  
Email: headspace.miranda@cesphn.com.au  
Website: www.headspace.org.au/miranda  
9.00am-5.00pm – Monday, Tuesday, Friday  
10.00am-6.00pm – Wednesday and Thursday

**headspace Hurstville**  
41 Dora Street  
Hurstville NSW 2220  
Ph: (02) 8048 3350  
Fax: (02) 8048 3399  
Email: headspace.hurstville@cesphn.com.au  
Website: www.headspace.org.au/hurstville  
9.00am-5.00pm – Monday, Tuesday, Friday  
10.00am-6.00pm – Wednesday and Thursday

**e-headspace** is a confidential, free and secure space where young people aged 12 – 25 years or their family can chat, email or speak on the phone with a qualified youth mental health professional.  
Website: www.headspace.org.au  
Ph: 1800 650 890

**WHAT THE SERVICE PROVIDES**

headspace is the National Youth Mental Health Foundation funded by the Commonwealth Government. The primary focus is the mental health and wellbeing of young people aged 12-25, particularly those with mild to moderate mental health conditions.

headspace can assist with:
- General health
- Mental health and counselling
- Education, employment and other services
- Alcohol and other drug services

**HOW TO MAKE A REFERRAL**

Young people accessing services at headspace Hurstville and Miranda will not be refused access to care on the basis of residential suburb. Clients that reside ‘out of area’ will be seen at either headspace site.

GPs, school counsellors, youth workers and school principals are able to make referrals to headspace. A written referral on behalf of a young person to attend either site (Miranda or Hurstville) can be provided.

Referral forms can be downloaded from:  
http://headspace.org.au/assets/Uploads/Centres/Miranda/Service-Provider-Form-Miranda-v3.pdf or  
http://headspace.org.au/assets/Uploads/Centres/Hurstville/Service-Provider-Form-Final-website.docx

Once completed, please forward referrals, with any accompanying documentation, to headspace via fax, post or email. Alternatively, a young person, parent or carer can call the relevant site to speak to an Intake Officer or present to the site in person.
SERVICE

Learning Links

Peakhurst Office:
12-14 Pindari Road
Peakhurst NSW 2210
Tel: (02) 8525 8222
Fax: (02) 9584 2054
Email: peakhurst@learninglinks.org.au

Contact details: Michelle Button
Phone: (02) 8525 8222 (8.00am-6.00pm, Monday to Friday)
Fax: (02) 9584 2054
Email: mbutton@learninglinks.org.au
Website: www.learninglinks.org.au

WHAT THE SERVICE PROVIDES

Counselling services for children and adolescents diagnosed with or experiencing the following:

- AD/HD
- Anxiety
- Depression
- Social skills concerns
- Autism spectrum disorders
- Behavioural concerns
- Grief and loss
- Bullying
- Low self-esteem
- Relationship concerns

Learning Links also provides counselling services to parents and other family members.

Specialist Group Programs assist children with specific needs such as improving social skills and supporting transitions. Specific programs are conducted for children experiencing depression, anxiety or difficulties with anger management. Parenting programs are also available.

HOW TO MAKE A REFERRAL

Phone a Learning Links location to make an enquiry. Michelle Button, Manager Educational Psychology will return a parent’s call to discuss his/her child’s needs. During this initial discussion Michelle will recommend an assessment or counselling options for the child. School professionals are welcome to enquire about services specific to the school.

NB: A referral from a GP is required if seeking to claim Medicare rebates through the Better Outcomes Mental Health Care program.
SUTHERLAND SHIRE AND ST GEORGE

SERVICE
Sutherland Shire Family Services Inc.
90 Soldiers Road
Jannali NSW 2226
Ph: (02) 9528 2933 (9.00-4.30pm, Monday to Friday)
Fax: (02) 9528 2633
Email: info@ssfs.org.au
Website: www.ssfs.org.au

WHAT THE SERVICE PROVIDES
Sutherland Shire Family Services Inc. is a community based, not-for-profit organisation providing a broad range of services to children, young people and their families. Services offered include:

- Family support services
- Youth and family support
- Sutherland/St George Aboriginal Family Worker project
- Southern Sydney Women’s Domestic Violence Advocacy Service
- Djanaba Occasional Care Service
- Building Resilience in Children (BRIC) Project – this provides therapeutic services for children (and their non-offending carers/parent) impacted by trauma (domestic and family violence)
- Schools Project – Love Bites
- Domestic Violence Counselling (provided by NSW Health)
- Sexual Assault Counselling (provided by NSW Health)
- Group Work Programs including:
  - Supported playgroup
  - A range of parenting programs
  - Women’s domestic violence support groups
  - Art therapy
  - Children’s groups

HOW TO MAKE A REFERRAL

Referrals can be made by phone (02) 9528 2933 or through the Intake Officer intake@ssfs.org.au
SOUTH EASTERN AND NORTHERN SYDNEY

SERVICE

South Eastern and Northern Sydney Family Referral Service
Ph: 1800 066 757 (8.00am-6.00pm, Monday to Friday excluding public holidays)
Website: www.familyreferralservice.com.au

WHAT THE SERVICE PROVIDES

The South Eastern and Northern Sydney Family Referral Service (FRS) provides services to both agencies supporting families in need and directly to the families.

The role of the Family Referral Service is to assist vulnerable children, young people and their families, who do not meet the statutory reporting threshold of ‘risk of significant harm’ (ROSH) but who would benefit from accessing local support services. The Family Referral Service:

- Assesses the needs of families and helps link them to specific and appropriate services in the local area
- Provides telephone and face to face services
- Refers children and families from Aboriginal and CALD backgrounds to culturally sensitive services wherever possible

The South Eastern and Northern Sydney Family Referral Service will provide a service with a regional focus in two parts – South Eastern Sydney and Northern Sydney.

Family referral workers are based in one of the two regions: Barnardos is the lead agency and provides the Family Referral Service in South Eastern Sydney; CatholicCare Diocese of Broken Bay is contracted to manage and provide the Family Referral Service in Northern Sydney. Barnardos and CatholicCare Diocese of Broken Bay are working together to provide the same model of Family Referral Service in these two regions of the FRS catchment area.

South Eastern Sydney Local Government Areas (LGAs) include: Ashfield, Botany Bay, Burwood, Canada Bay, Canterbury, Hurstville, Kogarah, Leichhardt, Marrickville, Randwick, Rockdale, Strathfield, Sutherland Shire, Sydney, Waverley, Woollahra.

Northern Sydney LGAs include: Hornsby, Hunters Hill, Ku-ring-gai, Lane Cove, Manly, Mosman, North Sydney, Pittwater, Ryde, Warringah, Willoughby.

HOW TO MAKE A REFERRAL

Referrals can be received from individuals, Government agencies (including Child Wellbeing Units) and NGOs. Referrals can be made by contacting:

1800 066 757 (8.00am-6.00pm, Monday to Friday excluding public holidays)