



May 2024

## Families Support Services

If you have school-based concerns around academic or social and emotional issues, please talk to your child's teacher as the first step. After this conversation, your teacher may forward a referral to the student support team. All referrals are assessed and may be triaged by the student support team to decide the best course of action which may include external services such as the ACT Education Psychologist in Schools program. In the meantime, or if you have concerns outside of the school setting, the following services may be helpful.

*\*See Chapman Primary School newsletter for regular updates to support services and resources.*

For a list of community services and early intervention options available for families to chat with a trained professional about parenting, ask questions (there are no silly questions), or get information that may lead to one-on-one support: <https://www.healthyschoolsact.com.au/our-priorities/mental-health-wellbeing/family-support-services>

### Mental health/self-harm concerns; ongoing signs of anxiety or depression

- Make an appointment to see a GP for a Mental Health Plan
- Contact Child and Adolescent Mental Health Service (CAMHS) Northside: (02) 6205 1050 (during business hours)
- Contact Access Mental Health: 1800 629 354 (24/7)
- Attend A&E at the hospital if there is a serious concern of self-harm
- Contact Headspace Canberra on (02) 6113 5700 – 12 years and up

### For support for mild/moderate mental health concerns:

<https://www.canberra.edu.au/health-clinics/clinics-on-offer/psychology>

The **UC Psychology Clinic** works with children (7 years+). Subsidised fees.

- Anxiety disorders
- Mood disorders
- Self-esteem
- Stress related concerns, grief & adjustment
- Anger management & dysregulated emotion
- Sleep issues and
- Social skills.

call us to make an appointment on **(02) 6201 5843**

Email: [healthclinic@canberra.edu.au](mailto:healthclinic@canberra.edu.au)

**Cool Kids** – group program for children experiencing anxiety.

Cognitive assessments for presenting concerns – intellectual disability; specific learning disorders – usually conducted June-November

<https://psychology.anu.edu.au/clinic/anu-psychology-clinic>

The **ANU Psychology Clinic** is open for intakes for:

Individual therapy: children aged 3-11

Cognitive assessment (subsidised fees)

Contact: 6125 8498

[psychology.clinic@anu.edu.au](mailto:psychology.clinic@anu.edu.au)

**Emotion Detectives** group: Ages 7-11 – children who experience emotional difficulties or distressing feelings. Child and parent participation.

### **Early Intervention and emotional wellbeing clinic**

West Belconnen Child and Family Centre: (02) 6205 2904; 6 Luke Street, Holt ACT 2615

- Circle of Security relationship-based parenting program – parents with children under 8 years of age
- Cool Little Kids – parents of children aged 3-8 years
- Tuning into Kids – parents of children aged 3-10 years

### **Other options for support include:**

Kids Helpline – 1800 55 1800 (24/7)

Menslink free counselling/mentoring for young men 10 years and up – <https://menslink.org.au/>  
Telephone – 62872226

Fearless Women – mentoring 10 years and up: <https://fearlesswomen.org.au/>

**\*Hedley Beare Centre for Teaching & Learning, Stirling:** 7-week parent groups 2024 –

- Addressing Your Child's Anxious Avoidance
- Boundaries without Conflict
- Overcoming Anxious School Refusal
- Responding to your child's strong emotions (2-hour workshop)

*\*See the school for a referral or more information*

### **For parents/families who are interested in parent/family resources to access from home:**

- Mindful parenting online modules – Early Years: <https://ey.home.mindup.org/> and K-5: <https://home.mindup.org/>
- <https://parenttv.com/>
- **Brave** <https://brave4you.psy.uq.edu.au/> child 3-7; 8-12 programs

Interactive, online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free and provide ways for children and teenagers to better cope with their worries. There are also programs for parents.



**Parentline** ACT – 9-5pm weekdays: 6287 3833

**Raising Children Network** - an Australian parenting website which provides comprehensive, practical, expert child health and parenting information and activities covering children aged 0 -15 years.

Free: Raising Healthy Minds app. <https://raisingchildren.net.au/>