What should I tell my son/daughter about coming to the clinic?

These guidelines may be of use when talking to your son/daughter:

- Try not to discuss this matter when you are distressed. Wait for a time when you are feeling okay.
- Explain about the service so that your son/daughter has some idea what to expect. This will reduce uncertainty and anxiety about attending.
- Express the concern you are feeling and why you are seeking help.
- Ensure your son/daughter understands that their feelings and thoughts will be sought and respected.

What about Confidentiality, Compliments and Complaints?

All information provided by yourself, other family members, the referred person, the referring agent and/or other professionals involved will be treated in confidence as per Health Department guidelines.

If you have any compliments or concerns about the services provided please speak to the staff member directly. If it is not appropriate, the Clinical Director for the service can be contacted on 9621 0999. A brochure called “Consumer Rights and Responsibilities” is available from us.

Wheatbelt Mental Health Service

Suite 10/ 210 Fitzgerald Street
NORTHAM WA 6401
Postal Address:
PO Box 833 NORTHAM WA 6401
Phone: (08) 9621 0999
Fax: (08) 9622 2734

The Old Doctors Surgery
Merredin Hospital
Haig Road Entrance
Merredin WA 6415
Phone: (08) 9041 5200
Fax: (08) 9041 5741

Unit 1 Gingin Business Centre
Brockman Street
GINGIN WA 6503
Phone: (08) 9575 1827
Fax: (08) 9575 2561

For after hours help: Rurallink 1800 552 002 TTY 1800 720 101

CAMHS is a program provided by the Wheatbelt Mental Health Service.

Information for parents and/or referring agencies concerned about a child or young persons behaviour, emotional or mental health problems.
CAMHS offers specialised assessment, treatment and support to children, youth and their families/carers who are experiencing emotional and/or mental health problems. Treatment may include individual and family counselling; parent education, and/or if necessary, a referral to an inpatient facility.

CAMHS has a multidisciplinary team who sees young people up to 18 years of age and their families who live in the Coastal & Wheatbelt region of WA. CAMHS is a free service.

Wheatbelt CAMHS is not a crisis service but we can offer advice on whom to contact via the Triage Officer. When required we provide rapid response to psychiatric emergencies.

**What is the Wheatbelt Child & Adolescent Mental Health Service?**

CAMHS offers specialised assessment, treatment and support to children, youth and their families/carers who are experiencing emotional and/or mental health problems. Treatment may include individual and family counselling; parent education, and/or if necessary, a referral to an inpatient facility.

CAMHS has a multidisciplinary team who sees young people up to 18 years of age and their families who live in the Coastal & Wheatbelt region of WA. CAMHS is a free service.

Wheatbelt CAMHS is not a crisis service but we can offer advice on whom to contact via the Triage Officer. When required we provide rapid response to psychiatric emergencies.

**Clinicians work with young people and their families on issues of concern, such as:**

- Prolonged sadness, depression and/or agitated mood
- Persistent self harm, suicidal thoughts and/or behaviours
- Hallucinations, delusional thinking and thought disorder
- Behavioural and conduct disturbance
- School avoidance and/or phobia
- Anxiety, fearfulness and/or phobic behaviours
- Obsessions and compulsive rituals
- Severe and prolonged emotional and behavioural reactions to traumatic events
- Eating and body image disturbance including anorexia nervosa and bulimia.
- Secondary enuresis and/or encopresis
- Psychosexual concerns and problems

**When are problems serious enough to be referred to CAMHS?**

The following points may be of some assistance in helping you decide:

- If you have been worried for a considerable time
- If the problem occurs often or are becoming increasing worse
- If these problems are leading to a tense, unhappy family life

**Do I need a referral?**

It is preferred that you have a written referral to access to this service. You may obtain one from your GP, school psychologist or support staff, paediatrician or any other community agency. If the situation is urgent you can discuss your concerns directly with the Triage Officer.

All new referrals are discussed by the team and following this you will be contacted by phone or mail as to the outcome, by one of our clinicians.

If you wish to discuss a potential referral the Triage Officer is available between 8.30am and 4.30pm Monday to Friday, to discuss your concerns.