

Child and Adolescent Mental Health Services



Fact Sheet | June 2022

The Child and Adolescent Mental Health Service is a free statewide service provided by the Tasmanian Health Service. We provide service for infants, children and young people up to 18 years, and perinatal mental health service for expectant mothers.

Services we provide

We provide specialist services including:

- assessments
- individual and family therapies
- group programs and clinics that focus on specific difficulties
- acute hospital inpatient care and/or consultation to the public general hospitals for children and adolescents
- consultation and support to other providers of services to young people with mild to moderately severe mental difficulties
- mental health education to the broader health sector.

Our Team includes

We have a diverse team of health professionals that consists of:

- Administrative support staff
- Child and Perinatal Psychiatrists
- Clinical Nurse Specialists
- Clinical Psychologists
- Occupational Therapists
- Psychiatric Registrars
- Social Workers
- Speech Pathologist (Available in the South only)

How to Access our Service

For advice, assessment, referral and support phone the **Access Mental Health Service** on freecall **1800 332 388**.

Access Mental Health Service is a mental health support, triage service and referral phone line. This is a confidential phone service that operates from 9:00 am to 10:00 pm, 7 days a week.

Referrals can be made by a General Practitioner, Health Professional, School Counsellor or Youth Worker. Access Mental Health will assess your situation and decide the best course of action to assist you. Referrals can be faxed on **03 6173 0306**

What we do



We work closely with families to provide support and specialist treatment to expectant mothers, infants, children and young people up to 18 years old. We offer assessment, education and treatment services for a range of mental difficulties such as

- Anxiety disorders
- Attachment disorders
- Autism spectrum disorders
 - specifically assist with assessment and/ or mental health related symptoms
- Eating disorders
- Major depression and mood disorders
- Mental health concerns in pregnancy and following birth
- Psychosis
- Severe emotional trauma and adjustment problems
- Suicide risk and self-harm.

We are family centred

Before any treatment and supports are provided, we consider the young person and their family situation.

We also consider how the treatment may impact their future and what other services may help or need to be involved.

Location and Office Hours

The Child and Adolescent Mental Health Service has three regional offices across Tasmania:

<u>North</u>	<u>46 Cameron Street</u> <u>Launceston</u> <u>Phone 03 6777 2277</u> <u>Monday to Friday</u> <u>8:30 am to 4:30 pm</u>
<u>North West</u>	<u>46 Mount Street</u> <u>Burnie</u> <u>Phone 03 6477 7300</u> <u>Monday to Friday</u> <u>8:30 am to 5:00 pm</u>
<u>South</u>	<u>26 Clare Street</u> <u>New Town</u> <u>Phone 03 6166 0588</u> <u>Monday to Friday</u> <u>8:45 am to 5:00 pm</u>

Tasmanian Health Service Buildings are smoke-free sites.



Department of Health
1300 135 513
www.health.tas.gov.au

Statewide Mental Health Service welcomes feedback from clients, carers, and family members to help us improve care. Talk to one of our team, fill in a consumer feedback form.

The Tasmanian Health Service integrates acute, primary and community services. This integration has given service providers the flexibility to ensure people have the best services we can provide, as close as possible to where they live.

Statewide Mental Health Services deliver consumer centred services focused on improving health outcomes. Our services include inpatient facilities and community teams.