



headspace Gosford information for parents and carers

headspace is the National Youth Mental Health Foundation. We help young people who are going through a tough time. headspace was established and funded by the Commonwealth Government of Australia in 2006. The primary focus of headspace is getting help early for our young people in need.

headspace Gosford provides young people aged 12-25 with help around:

- General health
- Mental health and counselling
- Education, employment and other services
- Alcohol and other drug services.



Our lead agency is Central Coast Local Health District, Children and Young People's Mental Health (CYPMH) and we are located at ycentral in Gosford. Following assessment by our headspace Youth Access Team young people can be referred to a range of colocated services including:

- General Practitioner & practice nurse
- Private Allied Health Providers providing focused psychological interventions
- Drug and Alcohol Counseling
- Youth Connections
- Wesley Mission Getting It Together Program
- Centrelink
- ORS Employment Services

These services are **FREE, YOUTH FRIENDLY** and **CONFIDENTIAL**

To refer to headspace Gosford the young person must:

- Be between the ages of 12 and 25
- Understand and be in agreement for the referral to proceed
- Be willing to engage with support services
- Not be experiencing a mental health crisis

Who is who at headspace Gosford?

Youth Access Team (YAT): Youth Workers who are terrific in talking with you to find out "what's up". They will help you find the service that you need either at headspace Gosford or elsewhere on the Central Coast. They have a great knowledge of existing services to help you find exactly what you need. The YAT worker will consult with you and your child around what issues are going on for them, and may ask to speak to your child alone to do a thorough assessment. Please note this is not a psychiatric assessment and our YAT workers will not give a diagnosis for your child.

headspace Gosford is not an acute mental health service. If you have any immediate concerns for the safety of a young person please call the Mental Health Line on 1800 011 511 This is a 24 hour service

Private Allied Health Professionals (PAHP): Our counselors are qualified in Psychology, Clinical Psychology or Social Work. You will need a referral from a GP to see them (a Mental Health Care Plan) which will give you 6-10 sessions that are bulk-billed under Medicare so there are no out of pocket expenses. The PAHP will work with your child through some issues, and can help your child identify better ways of coping. While counseling can make your child feel better, it may also stir up difficult things. If you are worried about your child please talk to the counselor about this, so we can work together to help your child manage those feelings. Counseling is not an immediate fix; it may take a number of sessions before any benefits become clear so please stick it out for a little bit. If your counselor does not seem right for your child, please talk to your counselor about this.

Further Questions:



My child doesn't want to see a counselor, what can I do?

You could give your child information about headspace and show them the website. eheadspace offers telephone and internet counseling and there are other options such as school counselors, Kids Helpline, and Lifeline. You might seek support for yourself from the Parent Helpline.

What if I want to talk to headspace about my child's appointments and progress?

Our staff need to balance the rights of your child in terms of confidentiality and your need to receive information. The therapeutic alliance between the therapist and client is necessary for good treatment. We do however welcome your involvement as you know your children best and can provide us with valuable information and insight.

It is NSW Health policy that if a child is under 14 the consent from a parent or guardian is necessary for treatment. For young people aged 16 and above their own consent is sufficient and to respect their confidentiality your child would need to sign a release for us to share information with you. For children aged between 14 and 16, their ability to provide consent depends on their level of maturity. Regardless of the young person's age, we do encourage young people to discuss their treatment with parents and carers so they can receive the support they need. If we believe a young person is at risk to themselves or others we will always contact you, as in this case the terms of confidentiality no longer apply.

How can I best support my child?

Try to build up your understanding of adolescent development and of mental health issues. This will help you to better understand what is going on for your child and respond in ways that minimise conflict. Be involved in the treatment and recovery of your child and build up your own support networks. All parents need support, especially in times of family stress. It is important to look after yourself as well as your child so that you can stay calm and consistent when things get tough.

Where can I get more information?

There are some great websites with really useful information for parents, these include:

www.headspace.org.au

www.raisingchildren.net.au

www.au.reachout

www.beyondblue.org.au

www.ycentral.com.au

Parent Information Line telephone: 1300 130 052

