

Referrals

Referrals can be made by parents, young people, referring agencies or professionals.

There is no charge to attend this service.

Contact us

Community clinics of the Mental Health Service are open Monday to Friday from 8.30 am to 5 pm (closed public holidays).

Greenslopes Clinic

34 Curd Street, Greenslopes
Phone: 07 3397 9077

Yeronga Clinic

51 Park Road, Yeronga
Phone: 07 3848 8011

Inala Clinic

7 Kittyhawk Avenue, Inala
Phone: 07 3372 5577

For after hours help or urgent emergency attention please contact your doctor, local hospital or phone Mater Health Services' Switchboard on 07 3163 8111 and ask for the Mater Children's Hospital Emergency Department.

For information about the residential drug and alcohol withdrawal program please contact:

Adolescent Drug and Alcohol Withdrawal Service (ADAWS)

38 Clarence Street, South Brisbane

Phone: 07 3163 8400

(Monday to Friday from 8 am to 4 pm)

More information

More detailed information about the service please call your local clinic, or visit the Kids in Mind website: www.kidsinmind.org.au

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Mater Child and Youth Mental Health Service

Services for children, young people and their families

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Emotional upset and difficult behaviour is often a normal part of growing up. At times this process may be painful, but support and encouragement from others, including family and school teachers, may help.

However, about 1 in 10 young people experience emotional and behavioural problems so severe that they cause personal distress, difficulties in the family, and problems at school and the wider community.

Child and Youth Mental Health Services (CYMHS) use a multi-disciplinary approach to provide specialist assessment and treatment services for infants, children, adolescents and their families who experience significant emotional and/or behavioural difficulties. The Mater Child and Youth Mental Health Service comprises clinics in the community as well as hospital-based services.

Accessibility

The service is available to children and young people living in the southern suburbs of Brisbane. Interpreter services can be organised for sign language and for people from non-English speaking communities. Our on-staff Consumer Consultants and Indigenous Consultant ensure our services are accessible to all.

The service

We can help with a range of emotional and behavioural difficulties including:

- behavioural problems (severe tantrums, oppositional behaviour, destructiveness)
- emotional disturbances (excessive worries and fears, anger, sadness and depression)
- psychiatric disorders of young people (mental illness or breakdown, eating disorders)

- social difficulties (withdrawal, aggressiveness, avoidance)
- self-esteem difficulties (excessive features of insecurity, negative thinking, self doubt)
- persistent psychological difficulties associated with trauma, loss, or medical conditions
- relationship disturbance in families (severe conflict, unhappiness)
- significant problems related to parenting and attachment disorders
- substance abuse (detox, counselling and activity programs).

The effects of emotional and behavioural problems in children and adolescents are felt by all family members. However, cooperation and help from family is an important part of assessment and treatment—as is contact with school and other significant people.

A comprehensive assessment of a child and their family may be followed by:

- individual counselling
- cognitive behavioural therapy
- family therapy
- group work
- longer term psychotherapy
- consultation with schools and other relevant agencies (with permission)
- medication.

Please note: there may be a waiting time before a family can be seen. Problems assessed as urgent will be seen without delay, and if we feel your needs will be better met by another service, we'll make the appropriate referrals.

Confidentiality

Maintaining confidentiality and privacy is important to us. Current laws allow information sharing with government departments dealing with health, child protection and law enforcement. Permission is required for staff to obtain or pass on information in other circumstances.

The clinical team

Members of the team include:

- Consultant Child and Adolescent Psychiatrist
- Medical Officer
- Mental Health Nurse
- Occupational Therapist
- Psychologist
- Registrar
- Social Worker
- Speech Pathologist
- Therapists (including family, art and music therapists).

These professionals are trained to understand, assess and manage the various factors contributing to difficulties experienced by young people and their families.