Child and Adolescent Mental Health Referral Flowchart



Young person (< 25 years) with Mental Health concerns

No identified risk

Identified acute risk

Youth Health 4356 9333 12 to 24 years

headspace

Call Gosford 4304 7870, Lake Haven 4394 9100, Wyong 4394 9180

Youth Access Team (YAT)

The aim of headspace is to engage with young people who are NOT experiencing a mental health crisis but who are experiencing mild to moderate mental health concerns.

The 4 Pillars of the headspace service include

- Mental Health.
- Physical Health.
- Alcohol and other Drugs support.
- Vocational and Social Supports.

Triage dependent on presenting issues

1

GP Clinics

Address issues such as physical health, sexual health, disordered eating, general health. The clinics are bulk billed under Medicare.

Allied Health Professional

Professional
Provide
counselling
support, under
a Mental
Health Care
Plan

Other Services

AOD Counselling Employment NGOs Family Wellbeing Support Canteen LINKS

Note: In an emergency please call 000 or present to Emergency Department

Mental Health Crisis/Risk Mental Health symptoms causing significant decline in functioning.

- Suicidal / Homicidal Ideation
- Identified symptoms of depression, anxiety, psychosis and eating disorders

If sexual assault related consider



Sexual Assault Service

Call - 4320 3175

Departments of Community and Justice (DCJ)

Call -132 111

(24 hours/7 days)

Connected Recovery Program (CRP)

Direct referral to other service

providers as appropriate, if not

School-Link.

suitable for a CAMHS clinical team

Under 12s Mental Health team

Provides intensive case management for

U12's with a range of MH concerns.

Referrals via ED. PAU. GP. Paediatrician

or MHL if nil current services involved.

Safeguards

Provides crisis intervention for young people

up to 17 years presenting with acute mental

CRP targets young people with, or at risk of a mental health diagnosis being managed within the primary care sector who present with complex treatment needs and/or impairment or significant risk of development of a mental health diagnosis.

Mental Health Line Call -1800 011 511

24 hours telephone service 7 days/week

Their role is to triage and rate level of acuity – **dependent on the level of risk and appropriate response required.** It provides a central point of contact for referrals to **ALL PARTS** of the Mental Health Service

MODERATE TO SEVERE

OR CONSIDER CONSULTATION WITH SCHOOL-LINK



Non-acute mental health follow up



Acute mental health follow up required

Provides referrer with information about other health services - dependent on location and service required, may refer

- Local GPs
- NGOs providing support programs
- Youth Health

OR

ACUTE CARE TEAM 7 days a week

- Provides assessments for people experiencing acute symptoms of mental illness, including those at risk of suicide
- Provides assessments, which usually occur in the Emergency Departments at Wyong or Gosford Hospital after presenting to triage
- Response time by phone to the referrer is two hours. If the response time is more than this & the situation is extremely acute, ring 000



CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)

Moderate to Severe Mental Health



CAT - Assessment Team

Following a MH Line referral, CAT provide a comprehensive mental health assessment for young people who may meet CAMHS criteria, which may facilitate a link into the clinical services offered through CAMHS, dependent on outcome of assessment.



Youth Mental Health (YMH)

Provides intensive short term support for young people 12 up to 18 years experiencing a range of mental health concerns and mental illness (except psychosis)



Young People & early Psychosis Intervention Team (YPPI)

Provides specialist intensive case management supporting young people 12 up to 24 years with early psychosis

heat to Emergency Department health concerns – must not be connected with any other services. Referrals via MHL, ED or