



Central Coast  
Local Health District

# Central Coast Kids Hub



The right support EARLY makes a big difference

## What We Offer

Access support for children (0-12 years) without the need for a diagnosis or referral

Timely advice and support that best suit your family's needs

A friendly, safe place



## How We Help

The Hub will:

- Provide a timely initial triage process that facilitates access and referral to services
- We build a therapeutic partnership with the whole family unit to ensure that both children and their families are supported during their engagement with the Kids Hub.
- Provide family support and education when other services are not available
- Provide current or up to date evidence-based treatment and therapies over the short term when other services are not available
- Care Navigation and supported transition to connect your child to the right services during their time with or after their discharge from the Kids Hub.
- Our team consists of several specialist services including mental health, allied health, care navigation, peer work and Aboriginal health.

## Do I need to come in for appointments?

After an initial assessment at the Kids Hub, the team can meet with you at a location that suits you. This includes your school, home or in the community.

Find the care your child needs to help them be the best they can be.

# Who Can Refer

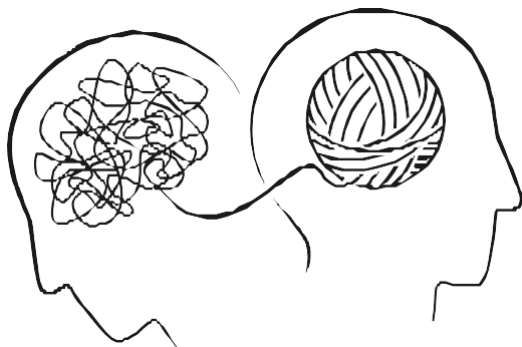
The Kids Hub is a self-referral service. You can self-refer via phone or walk into our friendly and safe place.

## Eligibility

- Any child aged 12 or under who is experiencing mild-moderate mental health or behavioural health challenges can be referred to the Hub.

### Exclusion criteria:

- Child is already engaged with an alternate provider.
- Child has access to a package of care that addresses the presenting concern (including NDIS).
- Child's needs are not mild-moderate in nature.
- Child is not a resident of the Central Coast.



# Useful Contacts

Mental Health Line .....	1800 011 511
Emergency .....	000
Kids Helpline.....	1800 551 800
Parent Line.....	1300 130 052
Lifeline.....	13 11 14
Suicide Call Back Service .....	1300 659 467
Emergency Accommodation .....	1800 152 152
Police (non Emergency) .....	13 14 44
Child Protection Helpline .....	13 21 11
Domestic Violence Helpline .....	1800 656 463
Aboriginal and Torres Strait Islander support... 13 YARN	
Family Relationships Advice Line .....	1800 050 321
Perinatal Anxiety and Depression Australia (PANDA) Helpline .....	1300 726 306

Where there is immediate risk of harm to self or others, call **000** or present to the Emergency Department

## Contact Information




**4394 1799**

Block A, Ground Floor  
2 Reliance Drive  
Tuggerah Business Park  
Tuggerah NSW 2259

## Hours of Operation

The hub operates 8:30am - 5pm, Monday to Friday

## Online Resources

-  [emergingminds.com.au](http://emergingminds.com.au)
-  [raisingchildren.net.au](http://raisingchildren.net.au)
-  [kidshelpline.com.au](http://kidshelpline.com.au)

Please scan the QR code to view a series of Central Coast Local Health District endorsed videos. These videos relate to the management of distress, anxiety, depression and challenging behaviours in children and young people.

