

Fact sheet

About CAMHS

The Child and Adolescent Mental Health Service, called CAMHS for short, is a free, community-based mental health service offered by the Women's and Children's Health Network.

CAMHS provides services to mothers in the perinatal period, infants, children and young people up to the age of 16 (up to 18 in some regions) and their families, with moderate to severe and complex emotional, behavioural or mental health difficulties, across South Australia.

Our services include family and individual therapy, group programs and information for parents/carers and key partners such as schools, GPs, hospitals, government and non-government organisations.

CAMHS prioritises children, young people and families from Aboriginal and Torres Strait Islander and Culturally and Linguistically Diverse (CALD) backgrounds, as well as children and young people under guardianship.

Our staff include a multidisciplinary workforce of mental health nurses and midwives, social workers, psychologists, psychiatrists, occupational therapists and speech pathologists. We also have Aboriginal Social and Emotional Wellbeing Workers, and Nurse Practitioners in Multicultural Mental Health and Complex Care and Trauma.

CAMHS supports children, adolescents and perinatal mothers with:

- > **Significant, persistent emotional difficulties** (e.g. unhappiness, depression, anxiety, tearfulness, worthlessness, distress)
- > **Difficulty regulating emotions and/or undertaking high risk behaviours** (e.g. self-harm, suicidal ideation, disordered eating, persistent aggressive behaviour, substance abuse, risky sexual behaviour, homelessness)
- > **Trauma** (associated with disconnection from culture or kinship relationships, exposure to disaster or war, abuse, neglect, exposure to domestic and family violence, family separation, adjustment to a new culture and country and/or loss of a family's personal or social identity, complex developmental trauma, medical illness, injury or hospitalisation)
- > **Psychiatric illness** (e.g. delusional thinking and/or hallucinations)
- > **Disability** (with associated mental health difficulties)
- > **LGBTIQ+ experiences** (e.g. gender dysphoria, sexuality, sexual identity).

When to contact CAMHS

Children, young people and families should contact CAMHS if they have talked with a school counsellor or local GP, but the situation doesn't seem to be improving.

GPs, medical staff, schools and service providers can contact CAMHS to seek advice or make a referral.

CAMHS is not able to provide emergency/crisis support. In an emergency, call Triple Zero (000).

How to refer

- > Young people and parents can make a referral to CAMHS by calling CAMHS Connect on 1300 2 CAMHS (1300 222 647), Monday to Friday, from 9.00am-5.00pm, excluding public holidays.
- > Aboriginal and Torres Strait Islander people can also contact an Aboriginal Social and Emotional Wellbeing Worker directly at their local community team.
- > If you are hearing impaired, or if English is your second language, we can arrange an interpreter for you.

What next?

Talking to CAMHS Connect will help identify the most suitable service for you. This may result in a referral to CAMHS or we might recommend other community services or supports for you that better meet your needs.

Participation is voluntary and young people under the age of 16 will require consent from a legal guardian before accessing a CAMHS service.

Privacy

We will send you information about a client's rights and responsibilities, and how we manage personal information, before the first appointment with CAMHS.

More information

For more information about CAMHS visit the Women's and Children's Hospital website at www.wch.sa.gov.au.

If you have questions about privacy, or how CAMHS works, contact the CAMHS worker you're booked in to see, or ask at your first appointment.

CAMHS Connect – Centralised Triage

Young people and parents can make a referral to CAMHS by calling CAMHS Connect on **1300 2 CAMHS (1300 222 647)**, Monday to Friday, from 9.00am – 5.00pm, excluding public holidays.

Aboriginal and Torres Strait Islander people can also contact an Aboriginal Social and Emotional Wellbeing Worker directly at their local CAMHS Community team

Metropolitan Community Services

Services listed below may also have outreach visiting services to other locations. Contact those below to find out if there is an outreach service closer to you.

Northern Metropolitan (including inner Barossa)

Suite 11 Sidney Chambers
50 Elizabeth Way
Elizabeth City Centre
Elizabeth 5112
Ph: 8252 0133 Fax: 8287 0308

Southern Metropolitan

Unit 3/209 Main South Road
Morphett Vale 5162
Ph: 8326 1234 Fax: 8326 3340

Southern Fleurieu

49 Victoria Street
Victor Harbor 5211
Ph: 8326 1234 Fax: 8326 3340

Visiting Services:

Kangaroo Island – 8326 1234
Aldinga – 8326 1234
Seaford – 8326 1234

Central Metropolitan – Eastern Team

55 Watson Avenue
Enfield 5085
Ph: 7117 3800 Fax: 8365 2221

Central Metropolitan – Western Team

78-80 Dale Street
Port Adelaide 5015
Ph: 8341 1222 Fax: 8341 2495

Specialist Services

Forensic Services (inc Adolescent Sexual Assault Prevention Program)

55 Watson Avenue
Enfield 5085
Ph: 7117 3800 Fax: 8365 2221

Southern Country Community Services

Mt Gambier & Limestone Coast

2 Crouch Street North
Mt Gambier 5290
Ph: 08 87247055 Fax: 08 87232610

Murray Bridge

4/2 Sturt Reserve Road
Murray Bridge 5283
Ph: 8531 3901 Fax: 8531 3790

Mt Barker

23 Victoria Crescent
Mt Barker 5251
Ph: 8391 3922 Fax: 8391 3304

Riverland

Shop 4, Centre Point Mall
12 Denny St
Berri 5343
Ph: 8582 4290 Fax: 8582 4295

Inpatient Services

Boylan Ward (acute inpatient mental health service)

Women's & Children's Hospital
72 King William Rd
North Adelaide 5006
Ph: 8161 6622 Fax: 8161 8069

Helen Mayo House (perinatal mental health services)

Glenside Health Services
226 Fullarton Road
Glenside, 5063
Ph: (08) 7087 1047 or 1800 18 22 32
(toll free) for country callers and ask for Helen Mayo House
Fax: 7087 1060

Dept of Psychological Medicine (inpatient consultations)

Women's & Children's Hospital
72 King William Rd
North Adelaide 5006
Ph: 8161 7227 Fax: 8161 7032

Northern Country Community Services

Port Pirie

c/- Port Pirie TAFE
59 Mary Elie Street
Port Pirie SA 5540
Toll Free: 1800 819 089
Ph: 7117 3700 Fax: 8124 4558

Port Augusta

c/- Port Augusta Community Health Service
36 Flinders Terrace
Port Augusta 5700
Toll Free: 1800 819 089

Port Lincoln

c/- Port Lincoln Hospital (West Wing)
Oxford Terrace
Port Lincoln 5606
Toll Free: 1800 819 089

Whyalla

c/- Visiting Specialist Dept.
1st Floor, Whyalla Hospital
Wood Terrace
Whyalla 5600
Toll Free: 1800 819 089

Yorke Peninsula

c/- Minlaton Community Health
9 South Terrace
Minlaton 5575
Toll Free: 1800 819 089

Lower North Service (including outer Barossa)

c/- Lower North Health Service
Lennon Street Centre
Unit 4/5 17 Lennon Street
Clare 5453
Toll Free: 1800 819 089

Kadina

C/- Kadina Community Health
2 Mine Street
Kadina 5554
Toll Free: 1800 819 089

For more information

CAMHS

Women's & Children's Health Network

Telephone: (08) 8161 7198

www.wch.sa.gov.au/camhs

or contact your nearest team or discuss at referral

Non-English speaking: for information in languages other than English, call the interpreting and Translating Centre and ask them to call The Department of Health. This service is available at no cost to you, contact (08) 8226 1990.