

# Mental Health Referral Guide for Young People in Tasmania

## Supporting good referrals for young people in Tasmania

**T**his guide has been developed by the Statewide Youth Collaborative Group (SYC). SYC is a forum for cross-sector collaboration that responds to issues affecting young people's health and wellbeing in Tasmania.

SYC identified the need for a resource to support referrals for young people experiencing mental health issues. With a large number of services providing different levels of support it is often confusing for workers when needing to make a referral. SYC hope this guide will act as a starting point and help ensure young people can access the most appropriate service for their particular needs.

This guide identifies services in Tasmania providing support, counselling, and therapeutic interventions for young people experiencing poor mental health. It is designed to assist your agency to identify the most appropriate service to provide the necessary support for a young person presenting to your agency.

*While all care has been taken to ensure the information in this guide is correct details may change so please contact the service directly for current information.*

A brief description, contact details, and referral process and criteria are included for each service.

Some services provide mental health support as part of a generic range of youth support. These services may act as an assessment, support and referral point for young people needing more specialist mental health intervention.

As much as possible, to avoid multiple referrals, it would be preferable to refer directly to the most appropriate service. If in doubt, or you need further information, contact the service to clarify whether they can provide the support or help the young person needs.

This guide is also available on the YNOT website **[www.ynot.org.au](http://www.ynot.org.au)**



### Phone and web-based support services for young people to contact:

<b>Kids Helpline</b>	1800 551 800 web and email counselling <a href="http://www.kidshelp.com.au/teens">www.kidshelp.com.au/teens</a>
<b>Suicide Postvention Lifeline</b>	Standby Response Service (Lifeline) 03 6282 1511 13 11 14
<b>Men's Line</b>	1300 789 978
<b>Tune in Not Out</b>	<a href="http://www.tuneinnotout.com">www.tuneinnotout.com</a>
<b>Reachout</b>	<a href="http://www.reachout.com">www.reachout.com</a>
<b>eheadspace</b>	<a href="http://www.eheadspace.org.au">www.eheadspace.org.au</a> 1800 650 890
<b>Beyond Blue</b>	1300 224 636 (information line) <a href="http://www.youthbeyondblue.org.au">www.youthbeyondblue.org.au</a>



If it is an emergency and you are worried about the immediate safety of a young person contact

**000**

### Mental Health Service Helpline **1800 332 388**

The Mental Health Service Helpline is a 24 hour 7 day a week service for mental health crisis. It operates as a statewide service reaching all regions of Tasmania and is available for all ages.

The Mental Health Service Helpline is also the point of contact for General Practitioners and other agencies referring someone to Mental Health Services including Child and Adolescent Mental Health Services.



# Referral Points

Service	Focus	Age range	Location	Referral process
Adult Mental Health Services	Assessment, treatment, support and education for severe and complex mental health problems.	18+	Statewide	Refer by calling the Mental Health Service Helpline on <b>1800 332 388</b>
Child and Adolescent Mental Health Services (CAMHS)	Children and young people who have a severe and complex mental illness or disorder that causes functional impairment which has or may have an adverse effect on social and emotional development.	0 to 18	South, North and North West	Refer by calling the Mental Health Service Helpline on <b>1800 332 388</b>
Child and Adolescent Psychiatrists	See infants, children and young people with major or complex mental health problems. Available via CAMHS or private practice.	0 to 18	Hobart and Launceston	Mental Health Service Helpline <b>1800 332 388</b> for public services. GP referral required for private services.
Club Haven (Anglicare)	Social and support network for people recovering from mental illness. Club Haven offers a friendly, supportive environment in which to build self-esteem, independence and confidence.	18+	Devonport	<b>6423 6329</b> or email <a href="mailto:clubhaven@anglicare-tas.org.au">clubhaven@anglicare-tas.org.au</a>
Eureka Club House	Facilitates and supports employment, housing and education. Members work within a collaborative partnership in the everyday running of the club house.	18+	Moonah	Contact <b>6214 9977</b> to arrange an orientation session.
General practitioner/ Family doctor	Assessment of mental health issues and referral to appropriate service. (Medicare rebate available if referred to other services under a mental health plan).	All ages	Statewide	Contact local GP.
headspace	Early intervention mental health and wellbeing. Counselling/psychology/mental health services. Staffed by a range of mental health workers, GP's and psychiatrists.	12 to 25	Launceston, Hobart and Devonport	Hobart <b>6231 2927</b> Launceston <b>6335 3100</b> Devonport <b>6424 2144</b> referral forms at <a href="http://headspace.org.au">headspace.org.au</a>
headspace School Support	Provides support to secondary schools affected by a suicide	12+	Statewide	<b>0427 982 555</b> or email <a href="mailto:schoolsupport@headspace.org.au">schoolsupport@headspace.org.au</a>
Hobart Clinic	Private clinic providing inpatient care and outpatient group therapy programs for a range of mental health conditions. Outpatient group therapy programs such as mood management, anxiety, addictive behaviours.	18+	Hobart	Referral from a GP is required. General enquiries can be made by calling <b>6247 9960</b> Appropriate private health insurance generally covers the cost of treatment.
The Link Youth Health Service	Primary focus is to improve the health and wellbeing of young people. Various health services including emotional and mental health support and referral.	12 to 25	Hobart	Call <b>6231 2927</b> or email <a href="mailto:healthhelp@thelink.org.au">healthhelp@thelink.org.au</a> or self-presentation.
Mates program (Red Cross)	Reconnects people living with a mental illness to their community through regular contact with volunteers.	All	Burnie, Launceston and Hobart	Ring the regional coordinator in Burnie <b>6431 1848</b> Launceston <b>6326 0400</b> Hobart <b>6235 6077</b>
MI Fellowship Aspire	Rehabilitation services for people recovering from a mental illness, based on the principles of recovery and empowerment.	16+	Hobart, Launceston, St Helens, Burnie and Devonport	Hobart 6231 0635 Burnie 6431 8286 Launceston 6333 3111
Pathways (Anglicare)	Offers people with a mental illness the opportunity to participate in a range of activities and make new friends. It aims to build self-confidence in an encouraging and supportive environment.	18+	Launceston	Contact <b>6333 3000</b> for a referral form.
Paediatricians	See children and young people with physical and/or mental health problems. Work in public (through the hospital) or private practice. Also care for young people admitted to hospital.	0 to 18	Hobart, Launceston and Burnie	Obtain a referral from a GP. Some out of pocket costs may be incurred in private practices. Public hospital inpatient and outpatient treatment is free of charge.
Personal Helpers and Mentors Service (PHaMS)	Recovery focused program supporting people recovering from a mental illness.	16+	South/South East, Lower Midlands, Central Highlands, Launceston and Devonport	South/South East <b>6213 3555</b> Launceston <b>6233 7000</b> Devonport <b>6420 6800</b>
Phoenix Centre	Provides support for survivors of torture and trauma.	All ages	Southern Tasmania and Northern Tasmania	Southern <b>6234 9138</b> Northern <b>6331 2300</b>
Private psychologist/ social workers	Counselling and therapy for young people experiencing emotional and/or psychological problems.	All ages	Statewide	Direct referral if privately insured or self-funded. Referral through GP with a mental health plan ( <i>if eligible</i> ) provides access to Medicare rebates.
Pulse Youth Health South	Health promotion, prevention and early intervention for young people. Staff provide support and brief intervention for all health issues. Referral to other services for more complex issues. Other free support services are also based at Pulse including UTas Psychology Clinic and Youth Alcohol and Drug Counselling.	12 to 24	Southern Tasmania, based in Glenorchy	Self-referral or phone <b>6233 8901</b>
Recovery (Anglicare)	One-on-one support program for people recovering from a mental illness. Supporting young people to set personal goals and put strategies in place to achieve them.	All ages	Hobart and Launceston	<b>1800 243 232</b>
Richmond Fellowship Tasmania	Richmond Fellowship Tasmania (RFT) operates five residential facilities across the south, north and north west of the state, as well as an outreach service in the north west and a recreational program in both the south and north.	18+	Statewide	State Office <b>6228 3344</b>
School psychologist/ social worker	Psychological/emotional or relationship problems associated with the school environment.	School students	Primary schools, high schools and colleges	Call the relevant school and ask to speak to the psychologist or social worker.
St Helens Private Hospital	Private hospital with 31 bed inpatient unit, a general day patient program, and specialist outpatient programs and a Mother Baby Unit.	18+	Hobart	Contact <b>6221 6444</b> for referral information however is usually via a GP or psychologist.
Tazkids Clubs (Anglicare)	Support and educational groups for young people who have a relative with a mental illness.	7 to 17	Launceston, Hobart and Burnie	Call <b>1800 243 232</b> with client contact details and client permission or request a referral form.