

Help is out there

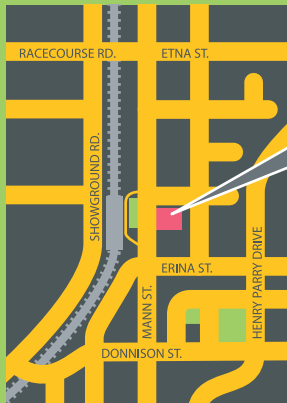
Phone the Mental Health Line (24 hrs/7 days a week) on **1800 011 511**. This service will take your details and make a referral to CYPMH if appropriate. Alternatively, they may give you advice or information of other services which may be better suited to your needs.

What are the opening hours for CYPMH?

Monday to Friday 8.30am to 5.00pm

Where is Children & Young People's Mental Health?

We are located at ycentral in the Gateway Centre at 237 Mann St Gosford (right across the road from the Gosford Railway station)



Suite 1 & 4, Level 2
Gateway Centre
237 Mann St
GOSFORD NSW 2250
ph. 4304 7878
fax. 4304 7800

Children & Young People's Mental Health



We are also a mobile service so if being seen at home or transport is an issue there is an option of being seen at other locations across the Central Coast.



Promotion, Prevention and Early Intervention

C.Y.P.M.H.

Children and Young People's Mental Health

What is Children & Young People's Mental Health?

Children & Young People's Mental Health (CYPMH) is a mental health service for children and young people 0-24 years.

Good mental health allows us to feel good, enjoy our environment and appreciate the people around us. If we have problems with our mental health, it can affect our feelings, thoughts and actions in day to day life at school, work and in relationships. It is important to know that mental health problems are common.

The main focus of the clinical streams of CYPMH is young people 12-24 years experiencing moderate to severe mental health problems and mental illness. Children under 12 who are experiencing a 'mental health crisis' will also be seen by this service for urgent assessment and short term follow up while facilitating the involvement of more appropriate services.

The clinical services within CYPMH include:

- **ypage** provides information, mental health assessment, brief intervention and referral for children and young people aged 0-24 years.
- **Youth Mental Health Team (YMH)** provides intensive case management for young people 12-24 years with a range of mental health problems and mental illness (except psychosis).
- **Young People & early Psychosis Intervention Team (YPPI)** provides specialist intensive case management supporting young people 12-24 years with early psychosis.
- **Youth Mental Health Recovery and Therapeutic Groups** which are aimed at enhancing the individual work undertaken through the teams above. The recovery program offers a range of specifically designed groups to meet the holistic needs of young people.

In addition to these services, there are also a range of Mental Health Prevention, Promotion, Early Intervention, Research and Evaluation Programs within CYPMH which include:

- Mental Health and Parenting
- Pregnancy and Infant Mental Health Support
- Children of Parents with Mental Illness
- School Link (promoting mental health in schools)
- Mental Health Research and Evaluation
- Youth Mental Health Projects
- Primary Health Clinics.

