

Where to find us in the metropolitan area

We have a number of services located in the metropolitan area, which you can contact directly for an appointment.

Northern CAMHS
Division of Mental Health
www.wch.sa.gov.au



Southern CAMHS
A Community Service of
Flinders Medical Centre



FLINDERS MEDICAL CENTRE

Southern CAMHS Metropolitan Services

Noarlunga

Noarlunga Regional Service
118 Main South Road,
Morphett Vale 5162
Ph: 8326 1234
Fax: 8326 3340

Marion

Marion Regional Service
Level 8, Westfield Tower
Westfield Shopping Town
Marion, Diagonal Road,
Oaklands Park 5046
Ph: 8298 7744
Fax: 8298 7232

Seaford Outreach

Southern Vales
Community Health Service
Corner Main Street
and Grand Boulevard,
Seaford 5169
Ph: 8326 1234
Fax: 8326 3340

Northern CAMHS Metropolitan Services

Paradise

Eastern Regional Service
5 Darley Road, Paradise 5075
Ph: 8207 8999
Fax: 8365 2221
Email: eastern@wch-camhs.sa.gov.au

Port Adelaide

Western Regional Service
78-80 Dale Street,
Port Adelaide 5015
Ph: 8341 1222
Fax: 8341 2495
Email: western@wch-camhs.sa.gov.au

Elizabeth

Northern Regional Service
Suite 5, Ground Floor
Elizabeth House, Elizabeth
City Centre, Oxenham Drive,
Elizabeth 5112
Ph: 8252 0133
Fax: 8287 0308
Email: northern@wch-camhs.sa.gov.au

Metropolitan Community Services

Helping children and young people cope with life.



CAMHS aims to promote positive mental health in children, young people and their families

Are you concerned about your child?

You want your children to be happy, confident, and cooperative and to feel good about themselves.

However many parents at some time worry about their children's behaviour and ability to cope.

Even everyday demands can effect the way in which our children feel or behave and at times families and children will experience a crisis or traumatic event.

If your child is having difficulty coping, you may also notice changes in their behaviour. These may include:

- not being able to make or keep friends
- conflict with parents
- being violent or aggressive towards others
- feeling sad a lot of the time
- thoughts of, or actually harming themselves
- sleeping problems
- fears and worries
- being clingy or withdrawn
- frequent temper tantrums
- problems at school

If these problems continue they can become difficult to manage or overcome.

What can you do?

Most people tell us that when they are having difficulties with their children, or are worried about them, what they want most is to be listened to and helped by caring, non-judgemental professionals.

It is probably best to talk about your concerns first:

- with close family or friends
- the school counsellor
- or your local doctor

If you are still worried then help is available through the Child and Adolescent Mental Health Services (CAMHS).

Rights and Responsibilities

If you become a client of our service you will have a number of rights and responsibilities which are set out in a separate Rights and Responsibilities Brochure.

This brochure should be provided to you along with an explanation of its contents at the time of your initial consultation with one of our workers.

There are also a number of ways that you can assist us to improve our services. Please ask one of our workers for more information about how you can participate.

What we do...

- CAMHS provides a confidential counselling service for children and young people up to 18 years of age and their families.
- Services are provided by child and family specialists including psychologists, psychiatrists, social workers, nurses, occupational therapists and speech pathologists who are experienced in helping children with emotional, behavioural or social difficulties.
- Services include personalised individual or family counselling appointments, groups for children or information workshops for parents / caregivers.
- There are no charges or fees for counselling services.
- Interpreter services are available if you need them.

Hours of business

Our services are generally provided between the hours of 9am and 5pm. However appointment times for counselling can be negotiated.

Referrals

We accept referrals directly from parents, caregivers and young people over 16 years.