CYMHS at Goulburn Valley

CYMHS provides specialist mental health services to infants, children, youth and their families/carers.

The Services we provide are:

**Early Life Mental Health Service (0 to 5)** – is an early intervention program, helping parents and infant/child move towards a more optimal developmental path.

**Autism Spectrum Assessment Team (0 to 5)** – access children who present with complex autistic symptoms that are difficult to diagnose and require specialized mental health input.

**Child and Adolescent Mental Health Service (5 to 18)** – provides assessment and support for children, young people and their families who present with complex and severe mental health concerns. This also includes assessment and management of risk taking behaviours which threaten safety.

**Youth Justice (12 to 25)** – is a consultancy service for young people entering the justice system who are also experiencing mental health problems. This includes facilitating of early access to a mental health service where appropriate.

**Homelessness Youth Dual Diagnosis (12 to 21)** – provides consultancy service for young people entering the homelessness sector and who are experiencing drug, alcohol and mental health problems.

**Early Psychosis Service (EPS) (12 to 25)** – is an assertive, youth friendly program for young people experiencing a first episode of psychosis or at risk of developing a psychosis, EPS work with all phases of the disorder and includes those young people who are self medicating with alcohol and drugs.

**Family/Carer Support Worker** – This worker has a lived experience as a carer for a young person with mental health problems and provides support and guidance to families and carers.

When You Refer

All referrals are processed through a specialist intake assessment where the most appropriate support services are identified. The young person and family are then allocated to the most appropriate program within CYMHS or an external referral within the community is made.

If the appropriate program is within CYMHS, families will be sent information about our appointment process and will be invited to contact and book into an appointment to discuss their concerns, needs and identify goals.
How We Can Help

CYMHS can work to address issues in various areas of a child’s, young person’s or family’s life.

This may include, but not limited to:

- Education about the condition and treatment options
- Specialist mental health assessment and diagnosis
- Therapy
- Medication
- Case management
- Secondary consultation

Whilst CYMHS accept self referrals, we encourage you to seek a referral from your local GP or counselor to enable provision of ongoing support.

It is a requirement of service that each young person is accompanied by a parent, carer or service provider. Where risk is identified this person will be integral to the safety management plan of the young person and where possible the parents are expected to be involved in this process.

Where possible CYMHS works collaboratively with other service providers and referrers involved with the family.

Goulburn Valley
CYMHS Sites

**Shepparton:**
GV Health, Graham Street
Shepparton 3630
Child and Youth Mental Health Service (CYMHS)
Early Life Mental Health (ELMHS)
Autism Spectrum Assessment Team (ASAT)
Early Psychosis Service (EPS)
Youth Justice Clinician (YJ)
Homelessness Youth Dual Diagnosis Clinician (HYDDI)

**Seymour:**
Beta Street, Seymour 3660
Child and Youth Mental Health Service (CYMHS)
Youth Justice Clinician (YJ)
Homelessness Youth Dual Diagnosis Clinician (HYDDI)
Early Psychosis Service (EPS)
Contact:

For any queries GV CYMHS can be contacted during business hours 9am to 5pm via Shepparton reception on (03) 5832 3170.

For all CYMHS referrals during and after business hours and for urgent Mental Health response please contact the Goulburn Valley Area Mental Health TRIAGE service on 1300 369 005.

*Where there is emergency service response required you must call 000 for the police or ambulance or take the young person to your nearest Emergency Department.*