

REFERRAL SERVICES

Head to Health

Available to all Victorians of all ages. Uses the Initial Assessment and Referral Decision Support Tool (IAR-DST) –series of clinical and social questions that help trained intake team understand a person's needs and what type of support or services help will. The person (or GP or other clinician) calls the Head to Health central intake number, 1800 595 212.

Care in Mind

Free mental health services for all ages. GPs, psychiatrists or paediatricians can make a referral. School principals, school counsellors, maternal child health nurses and early childhood staff can also refer under a 'provisional referral'. A provisional referral means a young client can get two sessions until a GP issues a full referral. Referral process can be found at:

<https://nwmpnhn.org.au/for-primary-care/clinical-support/careinmind-mental-health-services/>
Resource List –Anxiety disorders-Child Mental Health Community of Practice

CONSULTATION SERVICES

Child and adolescent mental health psychiatry liaison service

This service will provide secondary consultations to GPs in the North Western Melbourne Primary Health Network region, on the management of mental health problems in children and adolescents.

Secondary consult service

The service will be provided by child consultation-liaison psychiatrist, Dr Prakash Chidambaram. The service is accessed by calling RCH Mental Health Intake on 1800 44 55 11. Dr Prakash is available on Fridays (9am to 5pm). GPs may request a secondary consultation for a patient aged 5–17 years of age with either established or suspected mental health disorders or neurodevelopmental disorders including ASD, ADHD and ID. The secondary consultant service will provide advice regarding a range of topics including diagnostic, assessment, risks, and management and referral options. How to access this service? By emailing mhs.intake@rch.org.au or calling 1800 44 55 11 during business hours (9am to 5pm, Monday to Friday) to speak with an intake clinician and leave a message. The call or message will be returned by a psychiatrist.

TRAINING

MINDFUL

Victorian centre for child and adolescent mental health training runs short courses, workshops, certificate courses and advanced training for psychiatrists and paediatricians: <https://mindful.org.au/>

EMERGING MINDS

The organisation now leads the National Workforce Centre for Child Mental Health, delivered in partnership with the Australian Institute of Family Studies (AIFS), the Australian National University (ANU), the Parenting Research Centre (PRC) and the Royal Australian College of General Practitioners (RACGP). It provides online training, has lots of online resources, tool kits etc: <https://emergingminds.com.au>