

Mental Health Services HELPLINE
1800 332 388

Child and Adolescent
Mental Health Services

STATEWIDE MENTAL HEALTH SERVICES

Child and Adolescent
Mental Health Service (CAMHS)

Family Therapy Team Coordinator

Phone: 03 6166 0588
Email: clare.house@ths.tas.gov.au
Hours: 9:00 am to 5:00 pm
Monday to Friday

Who is eligible for our service?

Families of children or adolescents who are receiving support from CAMHS are able to access our family therapy.

What is family therapy?

All families are unique and they can sometimes get into difficulties.

This may be due to differences with one another, or feeling the strain when a family member is having troubles.

Family therapy supports people in close relationships to help each other.

It enables family members to express and explore difficult thoughts and emotions safely and to understand each other's experiences and views.

Sometimes it doesn't take a lot to support a family to free up their strengths and resolve concerns.

At times difficulties are more complex and families may need more time to find solutions that will work for them.

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26 Clare Street
New Town Tas 7008
Phone: 03 6166 0588

www.dhhs.tas.gov.au/mentalhealth



Tasmanian Health Service Buildings
are smoke-free sites.

Statewide Mental Health Service welcomes feedback from clients, carers and family members to help us improve care. Talk to one of our team or fill in a consumer feedback form.



The Tasmanian Health Service integrates acute, primary and community services. This integration has given service providers the flexibility to ensure people have the best services we can provide, as close as possible to where they live.

Statewide Mental Health Services deliver consumer centred services focused on improving health outcomes. Our services include inpatient facilities and community teams.



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Community
Family Therapy
Team

Your guide to family therapy



TASMANIAN
HEALTH
SERVICE





Pictures courtesy of the State of Tasmania

Clare House Family Therapy Team - Building family strengths

Most families go through serious difficulties at times. If your child is receiving support from our service and it feels like your family life is struggling or stuck in unhelpful patterns, and you're not sure what to do, family therapy could help.

When can family therapy be useful?

Your family may be experiencing difficulty in supporting a young person with mental health issues. We can assist with a variety of concerns including;

- communication problems
- child and adolescent behaviour difficulties
- mental health problems
- separation, divorce and blended families
- anorexia, bulimia and other eating disorders
- self-harm and suicidal thinking
- problems with addiction
- the effects of trauma.

Who are the Family Therapy Team?

The family therapy team is comprised of a range of therapists from different disciplines. The team is experienced in mediating in an open and supportive way.

We understand the mental health difficulties that young people face and the possible affects on their family.

The team consider the whole health of your family. In doing so we take into account emotional, physical, spiritual, social, cultural and environmental aspects of family life.

What happens in family therapy?

Family therapy sessions take place at Clare House in New Town every Tuesday afternoon.

The first appointment will involve meeting your upfront therapists, the rest of the team and becoming familiar with how sessions are conducted.

We seek to be respectful, non-blaming and understanding of each family member's experiences.

We intend to support your family in exploring ways forward that work for you.

Sessions are held for one hour and we will discuss with you how often you are able to attend.