

Mental Health Services HELPLINE

1800 332 388

Child and Adolescent Mental Health Services

STATEWIDE MENTAL HEALTH SERVICES

Child and Adolescent Mental Health Services

We provide a statewide service for infants, children and young people up to 18 years, and perinatal mental health service for expectant mothers.

Contact the Mental Health Services Helpline for advice, assessment and referral.

Freecall all hours 1800 332 388

GP referral fax 03 6173 0306

Locations and Office Hours

The Child and Adolescent Mental Health Service has three regional offices across Tasmania;

North 46 Cameron Street
Launceston
Phone 03 6777 2277
Monday to Friday
8:30 am to 4:30 pm

North West 46 Mount Street
Burnie
Phone 03 6477 7300
Monday to Friday
8:30 am to 5:00 pm

South 26 Clare Street
New Town
Phone 03 6166 0588
Monday to Friday
8:45 am to 5:00 pm

Child and Adolescent Mental Health Service (CAMHS)

North 03 6777 2277

North West 03 6477 7300

South 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.



Interpreter



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Child and Adolescent Mental Health Services

Your guide to our service



TASMANIAN
HEALTH
SERVICE





Pictures courtesy of the State of Tasmania

The Child and Adolescent Mental Health Service is a free statewide service provided by the Tasmanian Health Service.

What we do

We work closely with families to provide support and specialist treatment to expectant mothers, infants, children and young people up to 18 years old.

We offer assessment, education and treatment services for a range of mental difficulties such as:

- Anxiety disorders
- Attachment disorders
- Autism spectrum disorders
 - specifically assist with assessment and/or mental health related symptoms
- Eating disorders
- Major depression and mood disorders
- Mental health concerns in pregnancy and following birth
- Psychosis
- Severe emotional trauma and adjustment problems
- Suicide risk and self-harm.

Services we provide

We provide specialist services including:

- assessments
- individual and family therapies
- group programs and clinics that focus on specific difficulties
- acute hospital inpatient care and/or consultation to the public general hospitals for children and adolescents
- consultation and support to other providers of services to young people with mild to moderately severe mental difficulties
- mental health education to the broader health sector.

How to access our service

Call the Mental Health Services Helpline for advice, assessment and referral on freecall **1800 332 388**.

Referrals can be made by a General Practitioner, Health Professional, School Counsellor or Youth Worker.

The Mental Health Helpline will assess your situation and decide the best course of action to assist you.

We are family centred

Before any treatment and supports are provided, we consider the young person and their family situation.

We also consider how the treatment may impact their future and what other services may help or need to be involved.

Our team

We have a diverse team of health professionals who know how to work with young people.

Our team work together and consult with each other on a regular basis.

Our team consists of:

- Administrative support staff
- Child and Perinatal Psychiatrists
- Clinical Nurse Specialists
- Clinical Psychologists
- Occupational Therapists
- Psychiatric Registrars
- Social Workers
- Speech Pathologist (available in the South only).