

Child & Adolescent Mental Health Service (CAMHS)

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CAMHS is a free community-based mental health service provided through SA Health's Women's and Children's Health Network. We provide mental health services to infants, children, adolescents and perinatal women and families. Services are provided across South Australia. See the next page for locations.

Our Staff

CAMHS teams have a range of experienced professional and administrative staff which may include social workers, psychologists, nurses, psychiatrists, speech pathologists, Aboriginal consultants and occupational therapists.

Our Goals

- To work in partnership with our clients, families and where appropriate, other agencies including:
 - those from Aboriginal and Torres Strait Islander and
 - Culturally and linguistically diverse (CALD) communities
 - as well as GP's and schools.
- To provide confidential therapeutic services for those who are having mental health related difficulties in emotional, behavioural and/or social areas of their lives.

Our Services

Our services include family and individual therapy, group programs for children and for parents/carers, and information for parents/carers as well as other stakeholders working with the family.

We specialise in:

- **Emotional issues** – anxiety, fears or worries, feelings of sadness and depression, low self-worth, grief and loss, self-harming, suicidal thinking, mood changes, relationship difficulties, school refusal and/or abuse.
- **Behavioural issues** – aggression, destructiveness, disruptiveness and/or distractibility.
- **Social issues** – social withdrawal, family conflict, and social isolation and/or friendship problems.
- **Mental illness** – confused or delusional thinking and/or hallucinations.

The time to contact CAMHS is when the young person and/or their family have talked with close friends or relatives, or to the school counsellor, or to their local doctor and the situation doesn't seem to be improving.

Our Referral Process

Anyone can ring to talk to the CAMHS duty worker about a referral to the service, for example the young person, parents, school counsellors, doctors, other agencies, professionals or community services.

Receiving a service from CAMHS is voluntary, and the young person will need to agree to the service being provided. In addition, if the young person is under 16 years of age, consent from the legal guardian is required prior to service provision.

Privacy

Information about clients' rights and responsibilities, and about how we manage personal information, will be sent before the first appointment. If you have any questions about this information, about CAMHS and how we work, or any other things you want to know, you can ring the CAMHS worker you're booked in to see, or ask at the first appointment.



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Community Based Services

Services listed below may also have outreach visiting services to other locations. Contact those below to find out if there is an outreach service closer to you.

Elizabeth Northern Regional Service
Suite 11 Sidney Chambers
50 Elizabeth Way
Elizabeth City Centre
Elizabeth 5112
Ph: 8252 0133 Fax: 8287 0308

Morphett Vale Onkaparinga Regional Service
Unit 3/209 Main South Road
Morphett Vale 5162
Ph: 8326 1234 Fax: 8326 3340

Morphett Vale Marion Regional Service
Unit 2/209 Main South Road
Morphett Vale 5162
Ph: 7425 8600 Fax 7425 8666

Paradise Eastern Regional Service
5 Darley Road
Paradise 5075
Ph: 7321 4500 Fax: 8365 2221

Port Adelaide Western Regional Service
78-80 Dale Street
Port Adelaide 501 5
Ph: 8341 1222 Fax: 8341 2495

Country Services

Lower North Service
c/- Lower North Health Service
Lennon Street Centre
Unit 4/5 17 Lennon Street
Clare 5453
Toll Free: 1800 819 089
Ph: 8632 5304 Fax: 8633 2489
Outreach Service to: Balaklava, Snowtown, Port Wakefield

Mt Gambier & Limestone Coast
2 Crouch Street North
Mt Gambier 5290
Ph: 08 87247055 Fax: 08 87232610

Murray Bridge
4/2 Sturt Reserve Road
Murray Bridge 5283
Ph: 8531 3901 Fax: 8531 3790

Mt Barker
23 Victoria Crescent
Mt Barker 5251
Ph: 8391 3922 Fax: 8391 3304

Port Augusta
c/- Port Augusta Community Health Service
36 Flinders Terrace
Port Augusta 5700
Toll Free: 1800 819 089
Ph: 8632 5304 Fax: 8633 2489
Outreach Service to: Quom, Leigh Creek, Coober Pedy & Roxby Downs

Port Lincoln
c/- Port Lincoln Hospital (West Wing)
Oxford Terrace
Port Lincoln 5606
Toll Free: 1800 819 089
Ph: 8632 5304 Fax: 8633 2489
Outreach Service to: Cummins, Wudinna, Ceduna & Streaky Bay

Port Pirie
GP Plus Port Pirie
50 Gertrude Street
Port Pirie SA 5540
Toll Free: 1800 819 089
Ph: 8632 5304 Fax: 8633 2489
Outreach Service to: Peterborough & Mid North Region

Riverland
Shop 4, Centre Point Mall
12 Denny St
Berri 5343
Ph: 8582 4290 Fax: 8582 4295

Southern Fleurieu
15 Victoria Street
Victor Harbor 5211
Ph: 8552 9874 Fax: 7505 5306

Visiting Services:
Kangaroo Island – 8326 1234
Aldinga – 8326 1234
Seaford – 8326 1234

Whyalla
c/- Allied Community Health Building
Wood Terrace
Whyalla 5600
Toll Free: 1800 819 089
Ph: 8632 5304 Fax: 8633 2489
Outreach Service to: Cleve, Cowell & Kimba

Yorke Peninsula
c/- Minlaton Community Health
9 South Terrace
Minlaton 5575
Toll Free: 1800 819 089
Ph: 8632 5304 Fax: 8633 2489
Outreach Service to: Kadina & Maitland

Specialist Services

ASAPP Adolescent Sexual Assault Prevention Program
5 Darley Road
Paradise 5075
Ph: 7321 4500 Fax: 8365 2221

Inpatient Services

Boylan Ward (acute inpatient mental health service)
Women's & Children's Hospital
72 King William Rd
North Adelaide 5006
Ph: 8161 6622 Fax: 8161 8069

Helen Mayo House (perinatal mental health services)
Glenside Health Services
226 Fullarton Road
Glenside, 5063
Ph: (08) 7087 1047 or 1800 18 22 32 (toll free) for country callers and ask for Helen Mayo House
Fax: 7087 1060

Dept of Psychological Medicine (inpatient consultations)
Women's & Children's Hospital 72 King William Rd
North Adelaide 5006
Ph: 8161 7227 Fax: 8161 7032

FMC Consultation & Liaison Service (inpatient consultations)
Flinders Medical Centre
Block E, The Flats
Flinders Drive
Bedford Park 5042
Ph: 8204 5412 Fax: 8204 5465

For more information

CAMHS Women's & Children's Health Network
Telephone: (08) 8161 7198
www.wch.sa.gov.au/camhs
or contact your nearest team or discuss at referral

Non-English speaking: for information in languages other than English, call the interpreting and Translating Centre and ask them to call The Department of Health. This service is available at no cost to you, contact (08) 8226 1990.



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