



Government of **Western Australia**  
Child and Adolescent Health Service



# Community CAMHS



# About Community CAMHS



The Child and Adolescent Mental Health Service (CAMHS) provides mental health support, advice and treatment for children, young people and their families.

CAMHS offers services across the Perth metro area and at Perth Children's Hospital. What services a child receives and where these services are depends on how old the child is and what they need.

Our **Community CAMHS clinics** provide assessment, case coordination and multidisciplinary treatment services for children and young people who are experiencing mental health challenges at ten community clinics in Perth.

CAMHS has Aboriginal Mental Health Workers in each team who can provide cultural support to Aboriginal young people and their families. They are available to help engage and connect families to CAMHS during the referral process.

These clinics are open weekdays during business hours. They do not provide mental health crisis response or after-hours services. If you need **urgent mental health** advice or support, please call the **CAMHS Crisis Connect**, 7 days a week, 24 hours a day.


## Who we see

Community CAMHS works with children and young people up to 18 years of age who have severe, complex and persistent emotional, psychological, behavioural, social and or mental health challenges.

This includes the following conditions:

- emotional disorders of childhood
- major disruptive and behavioural disorders
- severe anxiety disorders including complex trauma
- affective (mood) disorders (such as depression)
- severe relationship difficulties, including attachment disorganisation and disorders
- emerging personality disorders
- psychotic disorders.

If you are thinking about coming to CAMHS, you have probably already visited other services for help with mental health concerns. These other services may not have been able to provide the support or treatment needed.



You may choose to come to CAMHS because CAMHS can provide a higher level of support or treatment than the other services you have tried. Even if your child's mental health concerns are very severe, complex, or persistent, CAMHS can help.

## How to be referred

Referrals for children, young people and their families can come from a range of different healthcare professionals, such as:

- your General Practitioner (GP)
- a private therapist or specialist
- other CAMHS services
- school psychologists.

You can contact any Community CAMHS clinic and speak to a designated person who can provide advice and support on referrals and options in your area.

Find out more about referrals on our website – [cahs.health.wa.gov.au/CAMHS](https://cahs.health.wa.gov.au/CAMHS).



## What happens once you are referred

Once you are referred to one of our Community CAMHS clinics, the clinic will get in contact with you to let you know that they have received a referral for you or your child and you will be asked to book your first appointment with us.

We will send you information about your first appointment, including:

- the date and time of the appointment
- a map of how to get to the clinic
- who you might see at the appointment
- what you might need to bring.

## Your first appointment

Your first appointment is called a **CHOICE appointment**.

It usually lasts one to two hours where we will get to understand more about your mental health concerns, what has worked or not worked in the past, who you might be working with now, and what support you feel that you need.

At the CHOICE appointment you might meet a social worker, occupational therapist, psychologist or nurse. All CAMHS clinical staff have professional qualifications and are trained in mental health assessment for children, young people and their families.

At the end of the appointment, we will decide whether you or your child would benefit from support and treatment from our team. If you do decide to continue, we will ask you to choose a suitable day and time for you to come back and see us for another appointment.

If we decide that you do not need to see us, then we will provide you and your referrer with alternative and recommended services that will best meet your needs. A written summary of the appointment and the plan for what happens next will be given to you and your referrer. We will ask you if it's ok for us to send a copy to your GP and other service providers.

## When you will get your first appointment

**We try and see all children and young people who are referred to us as soon as possible.**

Children and young people who are at high risk with mental health challenges will be contacted and offered an 'urgent' appointment within a few days of being referred to CAMHS.

You can contact the Community CAMHS clinic you have been referred to for information about how appointments are scheduled at that service.

## For urgent help or advice

If you need urgent mental health support, you can call the **CAMHS Crisis Connect** on 1800 048 636 (7 days a week, 24 hours a day) to discuss your concerns and decide what steps you may need to take.

If the situation is life threatening call 000 or present at any hospital emergency department.

If things have changed since your last appointment and you need to see someone sooner, you can call your Community CAMHS clinic to talk about making an earlier time to meet.

## Community CAMHS clinics locations

We are located in:

Armadale, Bentley, Clarkson, Fremantle, Hillarys, Peel, Rockingham, Shenton Park, Swan (Sayer Street), Swan (The Crescent) and Warwick.

You will be referred to your closest clinic.

## Contact a clinic

Please visit our website for contact details of each clinic.

<https://www.cahs.health.wa.gov.au/Our-services/Mental-Health/Community-CAMHS-clinics/Clinic-locations>



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This document can be made available in alternative formats on request for a person with a disability.



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