

**Other Services for Children,  
Adolescents and their Families**

Child and Adolescent  
Mental Health Service,  
Royal Children's  
Hospital: 1800 445 511  
Parentline: 12 22 89

Orygen Youth Health:  
1800 888 320

Kids Helpline:  
1800 551 800

Lifeline: 13 11 14

**CAREinMIND™ Kids**

**For Further Information**

Contact: CAREinMIND Coordinator  
Phone: (03) 9347 1188  
Fax: (03) 9347 7433  
Email: careinmindkids@mpcn.org.au

**[www.mpcn.org.au/careinmind](http://www.mpcn.org.au/careinmind)**  
Level 1, 369 Royal Parade, Parkville, Victoria, 3052  
PO Box 139, Parkville, Victoria, 3052



**Acknowledgements**

We acknowledge the peoples of the Kulin nation as the Traditional Owners of the land on which our work in the community takes place. We pay our respects to their Elders past and present.

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**Our free counselling services  
are designed to support  
children under 12 years of age.**



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### Eligibility Criteria

This service is available to children under 12 years of age who require short term support, and are assessed as having (or being at risk of developing) a mental, behavioural or emotional disorder which causes significant disruption to their everyday life. Families with Health Care Cards can access this service.

### Exclusion Criteria

Children who are diagnosed with bipolar or any psychotic disorder are not eligible for this program as they require more intensive support.

### Number of Sessions

Children referred to CAREinMIND Kids are eligible for up to 12 free sessions per calendar year and may access an additional six sessions in exceptional circumstances.

### Does the Child Need a Medicare Card?

Families do not need to have a Medicare Card to access the program. This means that children from overseas (eg. refugees) are eligible for this service.

### Service Catchment

CAREinMIND Kids covers the Local Government Areas of Melbourne, Yarra, Moreland, Moonee Valley, Maribyrnong, Hobsons Bay, Wyndham, Brimbank, Melton, Hume, Darebin, Moorabool (part) and Macedon Ranges (part).

### Referral Process

Children accessing the service need a referral from a General Practitioner, Pædiatrician or a Psychiatrist.

### Provisional Referrals

Provisional referrals may be completed by allied health workers, educational professionals and medical officers. A provisional referral must be followed by a formal referral from a General Practitioner, Pædiatrician or Psychiatrist.

### Triage

Referrals will be acknowledged by Melbourne Primary Care Network's CAREinMIND team.

Referrals are assessed and triaged by clinical staff, and will be allocated to an appropriate mental health clinician who will contact the client directly.

The Referral Form and Child Treatment Plan templates are available on the CAREinMIND website.

### Support for Parents and Carers

Parents/carers may access this service provided that the session addresses the child's mental health needs and the parent/child relationship. The program is not intended to replace parenting programs currently available.

### For More Information

Please contact the CAREinMIND Coordinator on (03) 9347 1188 or email [careinmind@mpcn.org.au](mailto:careinmind@mpcn.org.au)