

Discovering Me



Country &
Outback Health

Therapeutic support for children aged up to 12 years to help them better understand and manage their feelings.

Our Discovering Me clinicians are specialists in understanding the thought processes of children and how these translate into actions and behaviours.

Discovering Me aims to grow your child's understanding of their emotions, helping them to develop coping skills for daily life.



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Discovering Me can help children to grow their emotional awareness - by learning about feelings and how to cope with uncomfortable feelings like anger and confusion.

Discovering Me offers support for children & their families with:

- Behavioural problems
- Anxiety disorders
- Depression
- School issues (such as bullying, performance anxiety and perfectionism)
- Trauma and attachment disorders
- Body image and eating concerns
- Dealing with grief
- Sleep and toileting issues
- Developing parenting skills, particularly for parents of children with a disability or challenging behaviours
- Adjustment disorders

How do I make an appointment?

- For a free appointment you will need to speak to your doctor or Paediatrician. Your doctor will make a referral to Country & Outback Health on your child's behalf, then we will contact you directly to make an appointment time.
- If your child is an NDIS participant with **Improved Daily Living** funding in their **Capacity Building Budget**, complete a referral on our website, or call us and we will help you book an appointment.

Country & Outback Health is a not-for-profit organisation that provides a range of mental health, general health and NDIS support services to South Australians living in rural and regional areas.



**Country &
Outback Health**

Please phone us or visit our website for more information

**P: 8643 5600
www.cobh.com.au**

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Country & Outback Health is not an emergency service, our operating hours are 9am-5pm, Monday to Friday. If you require immediate support or medical assistance contact Emergency Services on 000 or go to your local hospital. For non-emergency assistance contact the following 24-hour support lines: healthdirect 1800 022 222, Regional Access 1300 032 186, Lifeline 13 11 14, Mental Health Emergency 13 14 65, or Kids Helpline 1800 55 1800