

# Child Psych Therapy



Country &  
Outback Health



*Therapeutic support for children aged up to 12 years to help them better understand and manage their feelings, emotional awareness and coping skills.*

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

Our aim is to help children to grow their emotional awareness – by learning about feelings and how to cope with uncomfortable feelings like anger and confusion.

# Child Psych Therapy

Offering support for children and their families with:

- Behavioural problems
- Anxiety disorders
- Depression
- Adjustment disorders
- 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

To access this FREE service, a Mental Health Treatment Plan or letter from Paediatrician/child Psychiatrist is required.

Speak to your GP or Paediatrician who will make a referral to Country & Outback Health on your child's behalf.

This service is also available for NDIS participants with Improved

Daily Living funding in their Capacity Building Budget.

*Please visit our website to find out more:*

[www.cobh.com.au/child-psych-therapy](http://www.cobh.com.au/child-psych-therapy)

*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.*



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***Please phone us or visit our website for more information***

**P: 8644 4900**

**[www.cobh.com.au](http://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