




Samaritans

Contact us!

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familyinterventionservice@samaritans.org.au

 **1300 656 336**

For information visit
www.samaritans.org.au

Samaritans is one of the largest regional welfare organisations in Australia but is truly local to your region. As the welfare arm of the Anglican Church, we deliver over 100 programs and community services to thousands of individuals and families each year.

Samaritans would like to acknowledge the traditional custodians of this land and pay our respects to the Elders past, present and future for they hold the memories, the traditions, the culture and hopes of Aboriginal Australia.



**Family Intervention
Service**

**Central Coast
(02) 6539 3465**

Samaritans



What is the Family Intervention Service?

The Family Intervention Service can provide family therapy and support groups for children/young people and their family/carers who are clients of the Child and Adolescent Mental Health Service (CAMHS).

We deliver clinical family therapy intervention including face-to-face or telephone counselling, educational workshops, programs and support groups.

Where is the Family Intervention Service located?

The Family Intervention Service can provide Family Therapy and Peer Support across several sites on the **Central Coast**, including **Gosford, Wyong, Bateau Bay and Lake Haven**. Family Therapy can occur at a location convenient for the family.

How can I access the Family Intervention Service?

Referrals can be made to the Family Intervention Service via the CAMHS clinical team working with the child/young person and their families/carers.

Consent from the family must be obtained in order to make a referral.

Referrals can be made for our Family Therapy program and/or the Psychosocial Peer Support program.

A Family Intervention Clinician will then contact the family to discuss the referral.

Our Programs



Family Therapy

The Family Therapy program is for CAMHS clients who are part of a Brief Intervention Package.

Family Therapy consists of six to eight sessions over approximately 3 months.

The Family Intervention Clinician will work with the CAMHS clinical team supporting the child/young person to ensure goals, plans and strategies for support are communicated consistently and appropriately.



Peer Support

CAMHS clients and their families and/or carers who are part of a Minimum Management Plan or a Brief Intervention Package can be referred to our Peer Support groups.

Support groups can provide education, social support, workshops and programs to help families/carers understand and navigate the best ways to support their child/young person living with mental health issues.

Our support groups may continue beyond the time that the child/young person is engaged with CAMHS.

Useful Numbers

CAMHS 4304 7878

Emergency 000

Kids Helpline 1800 55 1800

Lifeline 131 114

headspace Gosford 4304 7870

headspace Lake Haven 4394 9100

Mental Health Line 1800 011 511