

Do you feel?

- sad or depressed a lot of the time
- anxious, nervous or really stressed
- angry or aggressive
- isolated or suicidal
- that your life is out of control
- you've experienced sexual abuse or inappropriate touching
- distressed after being in a traumatic incident even if it happened a while ago
- you're hearing voices or seeing things that no one else believes



Do you have?

- difficulty making & keeping friends
- sleeping or eating problems
- problems learning or problems concentrating
- conflict at home - like fights with parents, brothers or sisters

Can ACAMHS help ME?

The answer is probably YES if you live in:

- Bayside
- Glen Eira
- Kingston (west of Boundary Rd)
- Port Phillip
- Stonnington

What is Alfred CAMHS?

Alfred CAMHS is a place that helps young people and their families with emotional problems they find difficult to handle on their own. We do not charge for our service.

CAMHS stands for Child & Adolescent Mental Health Service.

Opening Hours: **9:00am to 5:00pm**
Monday to Friday.

Please contact our Intake Workers:

Phone: **8882 0888**

If you don't live in our area, our Intake workers will let you know which CAMHS to contact.



Alfred CAMHS is connected with the Alfred Hospital.

What happens next?

We'll ask you to come in for an assessment. This means a worker will talk with you and your family to try to understand any worries you have. We'll also talk about how we might solve the problems together. At ACAMHS there are many people of many different professions to suit all your needs.



What you say us here at ACAMHS is **CONFIDENTIAL**. This means it won't be passed on to someone else unless you say it's OK, or unless you or someone else is at serious risk of being hurt.

What do I need to do?

To get the most out of your time at Alfred CAMHS, it would be great if you could:

- work together with the team
- be open and honest
- tell us important information
- let your worker know if you don't understand or are not happy about something
- respect other people
- take care of the premises and equipment
- let us know if you can't keep an appointment



Even though sometimes it can be hard to do these things, they really will help us to work together.

What are my rights?

Everyone has rights. Here at ACAMHS, will talk to you about YOUR rights.

What if I need an interpreter?

If you think an interpreter would be helpful, let us know and we can arrange one.



Where else can I find information?

- www.reachout.com.au
- www.somaxone.com.au
- www.itsallright.org
- www.headroom.net.au

What other services does ACAMHS link with?



- The **Adolescent Recovery Centre (ARC)** is a program available to assist those returning to school, or getting into courses. Young people can attend ARC 4 days a week for a term when they are having difficulty getting on top of things.
- Workers from **I.M.Y.O.S.** [Intensive Mobile Youth Outreach Service] visit young people where they're living to offer help & additional support.
- The **Adolescent Inpatient Unit** [Stepping Stones] offers support to young people who may require a stay in hospital.

What if ACAMHS is closed?

What do I do in an emergency?

In an emergency the Crisis Assessment & Treatment Team [CATT] can help.

If you live in: Port Phillip, Stonnington or Glen Eira (north of North Rd)
Phone Alfred CATT: **1300 363 746**

If you live in: Glen Eira (south of North Rd), Bayside, or Kingston (west of Boundary Rd)
Phone Monash CATT: **1300 369 012**



Phone Kids Help Line:
1800 551 800

Where do I go?

Our main clinic is:
2nd Floor
999 Nepean Highway
Moorabbin, 3189
(Near the corner of South Rd)
[Melway Ref: 77 E5]
Phone: **8882 0888**

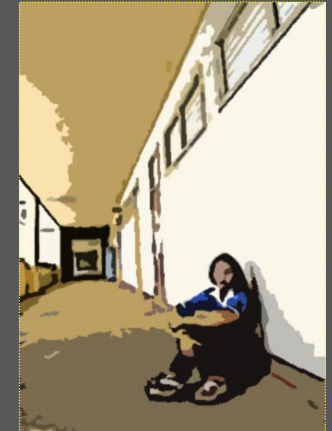


How do I get there?

Moorabbin train station is next door to Alfred CAMHS & bus routes 811, 812, 823, 824, & 825 stop nearby.

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Not coping? Need help?



Alfred CAMHS:
A Youth's Guide