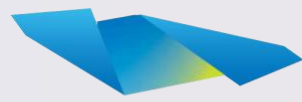




UNSW  
SYDNEY



Ingham Institute  
Applied Medical Research



Health  
South Western Sydney  
Local Health District



# South Western Sydney Support for Child development



## CHILD DEVELOPMENTAL SERVICE

### Developmental Check and Assessment

#### CHILD AND FAMILY HEALTH NURSING (CFHN)



Child and Family Health Nursing Service provides developmental and wellbeing checks and reviews for children aged 0 to 5 years as well as support, education and information on all aspects of parenting.



1800 455 511



<https://www.swslhd.health.nsw.gov.au/communityhealth/childFamily.html>



\*[Miller Hub Only] Warm referral from Service Provider in Miller – directly sends Anne King an email about the case -- [Anne.King@health.nsw.gov.au](mailto:Anne.King@health.nsw.gov.au)

#### CHILD DEVELOPMENT ASSESSMENT SERVICE (CDAS PAEDIATRIC CLINIC)



CDAS provides developmental and diagnostic assessment for children. Referrals are accepted for pre-school aged children (12 months to school entry) with suspected developmental delay and/or Autism Spectrum Disorder (ASD) and school-aged children are seen on a case-by-case basis or complex learning difficulties/ASD. These children should receive an assessment by their school counsellor and a language assessment by a Speech Pathologist before being referred to this service.



[https://www.swslhd.health.nsw.gov.au/communityHealth/childFamily\\_develop.html](https://www.swslhd.health.nsw.gov.au/communityHealth/childFamily_develop.html)



\*[Miller Hub Only] You can refer clients to CFHN (Anne and Judy) and they will make referral to CDAS accordingly. Directly sends Anne King an email about the case -- [Anne.King@health.nsw.gov.au](mailto:Anne.King@health.nsw.gov.au)

#### AUTISM SPECTRUM AUSTRALIA (ASPECT)



Aspect provide comprehensive assessments that can identify developmental difficulties and determine what interventions, strategies and supports will assist someone to reach their potential. Cost involved. Face to face or telehealth autism and cognitive assessments available for children, adolescents and adults. NDIS plans can be used.



1800 277 328



<https://www.autismspectrum.org.au>

## EARLY CHILDHOOD EARLY INTERVENTION (ECEI) – THROUGH NDIS



Support for children with a developmental delay or disability;  
Do not complete assessments; Under 7 years of age.

## HELPING CHILDREN WITH AUTISM PROGRAM (DEPARTMENT OF HEALTH) – THROUGH MEDICARE



Early intervention services for children undergoing diagnosis/assessment or treatment for autism or any other pervasive developmental disorder; Speak to GP for bulk billed/low cost options



<https://www1.health.gov.au/internet/main/publishing.nsf/Content/autism-children>

## CALL2MIND



Cost involved. Australia wide telehealth psychiatry service which can offer assessments and support with mental health; Able to also provide support with ADHD and Autism; Ages from children to adults; Contact 0438 643 217 for more information and referral process.



<https://calltomind.com.au/how-it-works>

## DOKOTELA



Australia-wide telehealth psychiatry service; Assessment, diagnostic clarification, and medication management; 5-12 years of age; GP referral is required for access. Contact [swsphn@dokotela.com.au](mailto:swsphn@dokotela.com.au) for more information; Cost involved. Telehealth from GP Clinic or patient's home.



<https://dokotela.com.au/>

## PSYCHOLOGY CLINIC – MACQUARIE



Cost involved. Therapy for adults, children and families; Group ADHD programs for adults; Psychometric assessment of cognitive function



Macquarie University or Telehealth options available



<https://www.mqhealth.org.au/services/find-a-service/psychology-clinic>

## PSYCHOLOGY CLINIC – WESTERN SYDNEY



Cost involved. Psychological treatment for children (aged 6 and above), adolescents and adults. Can offer psychological testing (intelligence, memory and learning).



Western Sydney University



[https://westernsydney.edu.au/schools/sop/facilities/psychology\\_clinic](https://westernsydney.edu.au/schools/sop/facilities/psychology_clinic)

## SYDNEY CHILD BEHAVIOUR RESEARCH CLINIC



The clinic offers assessments and treatments free of charge as part of innovative research into child and family mental health.



02 9114 4326



Camperdown



<https://www.sydney.edu.au/brain-mind/our-clinics/child-behaviour-research-clinic.html>

## PARENT-CHILD RESEARCH CLINIC



Fee-for-service clinic and accepts referrals for children ages 7 and under with disruptive behaviour problems



02 9385 0376



<https://www.conductproblems.com/about-us/>

## THE LIZARD CENTRE (PRIVATE OR PAID SERVICE)



Provides evidence-based early intervention programs for young children with autism spectrum and related developmental disorders.



1300 752 617



<http://www.lizardcentre.com/>

## **SOUTH WEST KIDS CLINIC (PRIVATE/PAID SERVICES)**



With a focus on family, collaboration and positivity, South West Kids Clinic provides a range of therapy services to children aged 0-18 years of age who need help reaching developmental milestones and gaining independence.



<http://southwestkidsclinic.com.au/>

## **THE LIGHTHOUSE PSYCHOLOGY PRACTICE (PRIVATE/PAID SERVICES)**



Offer compassionate and professional treatment options that cater for all age groups and population.



[www.thelighthousepractice.com](http://www.thelighthousepractice.com)

## **PARENT LINE**



Parent Line is a free helpline that provides counselling and support for parents, as well as general parenting advice and information. Professional parenting counsellors are available until 9pm on weeknights and 4-9pm Saturday and Sunday.



1300 130 052



[www.parentline.org.au](http://www.parentline.org.au)

## Children's Behavioural Problems

### KARITANE KIDS BEHAVIOUR CLINIC



The Karitane kid's behaviour clinic works with families with children 3–6 years of age with behaviour challenges.



<https://karitane.com.au/kids-behaviour-clinic>

### CHILD AND FAMILY PSYCHOLOGY (SWSLHD)



Assess issues like behaviour problems, emotional problems, trauma, anxiety and depression.  
0-12 years (still attending primary school)



Referral via phone 02 8788 4200



<https://www.swslhd.health.nsw.gov.au/communityhealth/psychology.html>

### ADHD CLINIC



Cost involved; Service which can provide support and information including assessments, diagnosis and treatment; For children and adults.



<https://www.adhd-clinic.com.au/>

### CALL2MIND



Cost involved. Australia wide telehealth psychiatry service which can offer assessments and support with mental health; Able to also provide support with ADHD and Autism; Ages from children to adults; Contact 0438 643 217 for more information and referral process



<https://calltomind.com.au/how-it-works>

## DOKOTELA



Australia-wide telehealth psychiatry service; Assessment, diagnostic clarification, and medication management; 5-12 years of age; GP referral is required for access. Contact [swsphn@dokotela.com.au](mailto:swsphn@dokotela.com.au) for more information; Cost involved. Telehealth from GP Clinic or patient's home.



<https://dokotela.com.au/>

## PSYCHOLOGY CLINIC – MACQUARIE



Cost involved. Therapy for adults, children and families; Group ADHD programs for adults; Psychometric assessment of cognitive function



Macquarie University or Telehealth options available



<https://www.mqhealth.org.au/services/find-a-service/psychology-clinic>

## PSYCHOLOGY CLINIC – WESTERN SYDNEY



Cost involved. Psychological treatment for children (aged 6 and above), adolescents and adults. Can offer psychological testing (intelligence, memory and learning)



Western Sydney University



[https://westernsydney.edu.au/schools/sop/facilities/psychology\\_clinic](https://westernsydney.edu.au/schools/sop/facilities/psychology_clinic)

## SYDNEY CHILD BEHAVIOUR RESEARCH CLINIC



The clinic offers assessments and treatments free of charge as part of innovative research into child and family mental health.



02 9114 4326



Camperdown



<https://www.sydney.edu.au/brain-mind/our-clinics/child-behaviour-research-clinic.html>

## PARENT-CHILD RESEARCH CLINIC



Fee-for-service clinic and accepts referrals for children ages 7 and under with disruptive behaviour problems.



02 9385 0376



<https://www.conductproblems.com/about-us/>

## SOUTH WEST KIDS CLINIC (PRIVATE/PAID SERVICES)



With a focus on family, collaboration and positivity, South West Kids Clinic provides a range of therapy services to children aged 0-18 years of age who need help reaching developmental milestones and gaining independence.



<http://southwestkidsclinic.com.au/>

## THE LIGHTHOUSE PSYCHOLOGY PRACTICE (PRIVATE/PAID SERVICES)



Offer compassionate and professional treatment options that cater for all age groups and population.



[www.thelighthousepractice.com](http://www.thelighthousepractice.com)

## PARENTWORKS



ParentWorks is a free online program for Australian parents and caregivers of children 2 to 16. It provides evidence-based parenting strategies to improve parenting skills, confidence and child behaviour. This means that the strategies in the program have been tested and found to work.



<https://parentworks.org.au/>

## PARENT LINE



Parent Line is a free helpline that provides counselling and support for parents, as well as general parenting advice and information. Professional parenting counsellors are available until 9pm on weeknights and 4-9pm Saturday and Sunday



1300 130 052



[www.parentline.org.au](http://www.parentline.org.au)



## BEYOND BLUE HEALTHY FAMILIES



On the website you can find helpful strategies for how to manage child anxiety, or you can get in touch with a mental health professional via phone, chat online, or email. It is a free service and operates 24/7.



1300 22 4636



<https://healthyfamilies.beyondblue.org.au/>

## KIDS HELPLINE



Australia's only free, private and confidential phone counselling service specifically for young people aged between 5 and 25 years. Support is available for parents and carers who are concerned about their child's wellbeing. It is a free service and there is an online chat from 8am-12am/ 7days a week.



1800 55 1800

## Speech Pathology Services

### RAINBOW COTTAGE



Rainbow Cottage is part of Liverpool Hospital (which incorporates the Hospital as well as Community Health). It is free and is a public health service. Rainbow Cottage provides inpatient and outpatient assessment and therapy for children including Physiotherapy, Occupational Therapy and Speech Pathology. Our team also works closely with Dietitians, Social Workers, Psychologists, Paediatricians, Specialist Doctors and other children's services.



<https://www.swslhd.health.nsw.gov.au/paediatrics/Liverpool.html>

### MUSIC THERAPY: SING & GROW (PLAY MATTERS)



Sing&Grow is a free national Music Therapy program working with young children, their families and communities to reduce the impact of adversity. Registered Music Therapists facilitate hands-on music activities incorporating singing, small instruments, and other resources such as parachute and dancing ribbons. Opportunities to initiate reflective conversations are used to support the building of parental responsiveness and child development.



<https://playmatters.org.au/sing-and-grow>



0476 816 108



[sschoelerjones@playmatters.org.au](mailto:sschoelerjones@playmatters.org.au)

### [MILLER – MISSION AUSTRALIA] SPEECH & LANGUAGE: READY SET GO (LIVERPOOL HOSPITAL SPEECH PATHOLOGY)



Ready Set Go is a free speech pathology service funding through the Department of Social Service's Communities for Children program which is facilitated by Mission Australia. It speech pathology assessments and intervention for children aged 0-5 years old for communication and feeding difficulties. It also provides a range of preventative services including a Transition To School program and outreach to local schools and early childhood education services. We work with the community to ensure that families are supported and engaged in the required health, education and community services. Our services can be provided at our clinic, family's homes or other community locations as needed.



Liverpool hospital Speech Pathology Department



0472 877 075



[Meredith.Munnoch@health.nsw.gov.au](mailto:Meredith.Munnoch@health.nsw.gov.au)

## **[MILLER – MISSION AUSTRALIA] TRANSITION TO SCHOOL (SING & GROW + LIVERPOOL HOSPITAL SPEECH PATHOLOGY, FREE)**



Transition to School program has been developed in partnership with music therapists from Sing & Grow and speech pathologists from Liverpool Hospital. It is unique because the program include parents in the sessions to strengthen family connections, combine both music therapy and speech pathology to strengthen social, communication and early literacy skills, provide access to individual music therapy, speech pathology and parenting support and prepare children for the classroom environment and working in groups.



0472 877 075



[Meredith.Munnoch@health.nsw.gov.au](mailto:Meredith.Munnoch@health.nsw.gov.au)

## **LIVERPOOL SPEECH PATHOLOGY (PRIVATE/PAID SERVICES)**



Liverpool Speech Pathology Services is a state of the art clinic specialising in achieving communication outcomes for children. We pride ourselves in having up to date industry knowledge and an experienced team of Speech Pathologists who are passionate to help with your child's communication needs.



<http://www.liverpoolspeechpathology.com/services.html>

## **SOUTH WEST KIDS CLINIC (PRIVATE/PAID SERVICES)**



With a focus on family, collaboration and positivity, South West Kids Clinic provides a range of therapy services to children aged 0-18 years of age who need help reaching developmental milestones and gaining independence.



<http://southwestkidsclinic.com.au/>

## **CHATABOUT SPEECH PATHOLOGY (PRIVATE/PAID SERVICES)**



ChatAbout is a family-centered speech & occupational therapy practice lead by co-founder Leanne Johnston, also an experienced speech therapist. ChatAbout has a warm, friendly & experienced team of therapists who take great joy in their work while focusing on your child's individual needs.



<https://www.chatabout.com.au/>

## Weight/Nutrition

### COMMUNITY NUTRITION SERVICES



Community Nutrition services aim to improve the nutritional health of SWSLHD residents by using a range of health promotion strategies that address the underlying causes of poor nutritional health. These strategies include improving food and nutrition knowledge and skills and increasing the supply and access to healthier food choices. The service works in partnership with key organisations, community groups. The priority target population groups include early childhood (0-5 years), and frail older people and young people with disabilities who receive Home and Community Care (HACC) funded services.



\*[Miller Hub Only] You can refer clients to CFHN (Anne and Judy) and they will make referral to the Miller Nutrition Clinic accordingly. Directly sends Anne King an email about the case -- [Anne.King@health.nsw.gov.au](mailto:Anne.King@health.nsw.gov.au)



<https://www.swslhd.health.nsw.gov.au/communityhealth/nutrition.html>

### HEALTHY KIDS (MUNCH & MOVE)



Munch & Move is a NSW Health initiative that supports the healthy development of children birth to 5 years by promoting physical activity, healthy eating and reduced small screen time (e.g. watching TV or DVDs, playing on computers and small hand-held games devices).



[www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

### GO FOR 2 (FRUIT) & 5 (VEGETABLE)



The "Go for 2 & 5" program is a government initiative that encourages children to eat 2 serves of fruit and 5 serves of vegetables each day. The website offers recipes, projects, activities and challenges for children in all age groups.



<http://www.health.gov.au/internet/healthyactive/publishing.nsf/Content/2and5>

<https://thefamilycentre.org.au/wp-content/uploads/2015/01/2-and-5-fruit-and-vegetable-serves.pdf>

## Sleeping and Breastfeeding

### KARITANE



Caring and experienced Child and Family Health Nurses, Lactation Consultants, Social Workers & Psychologists.



<https://karitane.com.au/referral>

## Immunisations

### IMMUNISE AUSTRALIA HOTLINE



Information about vaccines and the Immunise Australia Program



1800 671 811



[www.immunise.health.gov.au](http://www.immunise.health.gov.au)

### AUSTRALIAN CHILDHOOD IMMUNISATION REGISTER



For enquiries about your child's immunisation history.



1800 653 809



<http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/ohp-acir.htm>

### NSW GOVERNMENT HEALTH



Resources for immunisation including articles, facilities that provide vaccinations and a downloadable vaccination schedule.



02 9391 9000 (within Australia)



<http://www.immunisation.health.nsw.gov.au/>

## Child Mental Health Support Services (0-12years)

### INFANT CHILD ADOLESCENT MENTAL HEALTH SERVICES (ICAMHS)



Assessment and intervention of moderate to severe mental health disorder for children, young people and their families. Up to 18 years.



Locations: Bankstown, Fairfield, Liverpool, Macarthur, Wingecarribee.



[www.swslhd.health.nsw.gov.au/services/ICAMHS/](http://www.swslhd.health.nsw.gov.au/services/ICAMHS/)

### PERINATAL AND INFANT MENTAL HEALTH SERVICES (PIMHS)



Early Intervention services for mental, social and physical health of mothers and their families.



<https://www.swslhd.health.nsw.gov.au/MentalHealth/ICAMental.html>

### CHILD AND FAMILY PSYCHOLOGY (SWSLHD)



Assess issues like behaviour problems, emotional problems, trauma, anxiety and depression. 0-12 years (still attending primary school)



Referral via phone 02 8788 4200



<https://www.swslhd.health.nsw.gov.au/communityhealth/psychology.html>

### FAMILY MENTAL HEALTH SUPPORT SERVICES (FMHSS)



Intensive, long-term, early intervention support for children, young people and their families which may include assessment and identification of needs; practical assistance and home-based support; linking with other relevant services and targeted therapeutic groups, short-term immediate assistance for families which may include assessment of needs, information or referrals, and limited support.



<https://www.dss.gov.au/our-responsibilities/mental-health/programs-services/family-mental-health-support-services/locating-a-family-mental-health-support-service-fmhss>

## CALL2MIND



Cost involved. Australia wide telehealth psychiatry service which can offer assessments and support with mental health; Able to also provide support with ADHD and Autism; Ages from children to adults; Contact 0438 643 217 for more information and referral process.



<https://calltomind.com.au/how-it-works>

## DOKOTELA



Australia-wide telehealth psychiatry service; Assessment, diagnostic clarification, and medication management; 5-12 years of age; GP referral is required for access.



Contact [swsphn@dokotela.com.au](mailto:swsphn@dokotela.com.au) for more information; Cost involved. Telehealth from GP Clinic or patient's home.



<https://dokotela.com.au/>

## PSYCHOLOGY CLINIC – MACQUARIE



Cost involved. Therapy for adults, children and families; Group ADHD programs for adults; Psychometric assessment of cognitive function.



Locations: Macquarie University or Telehealth options available



<https://www.mqhealth.org.au/services/find-a-service/psychology-clinic>

## PSYCHOLOGY CLINIC – WESTERN SYDNEY



Cost involved. Psychological treatment for children (aged 6 and above), adolescents and adults. Can offer psychological testing (intelligence, memory and learning).



Locations: Western Sydney University



[https://westernsydney.edu.au/schools/sop/facilities/psychology\\_clinic](https://westernsydney.edu.au/schools/sop/facilities/psychology_clinic)

## ACAP PSYCHOLOGY CLINIC



Cost involved. Individual therapy, group therapy and psychometric assessment and reports. Support for children, adolescents and adults. Please see website for more information, about location and referral process or contact ACAP.



02 8236 8070



<https://www.acap.edu.au/applied-psychology/psychology/psychology-clinic/appointments-fees/>

## THIS WAY UP



Evidence-based iCBT. Cost involved. Online CBT support for ages 12 years +. Offers courses, tools and resources (free and low- cost courses), speak to GP or clinician about getting a course for free. COVID-19 coping tools. See website for more information.



02 8382 1437



<https://thiswayup.org.au/>

## SYDNEY CHILD BEHAVIOUR RESEARCH CLINIC



The clinic offers assessments and treatments free of charge as part of innovative research into child and family mental health. See website for more information or phone



02 9114 4326



Location: Camperdown



<https://www.sydney.edu.au/brain-mind/our-clinics/child-behaviour-research-clinic.html>

## PARENT-CHILD RESEARCH CLINIC



Fee-for-service clinic and accepts referrals for children ages 7 and under with disruptive behaviour problems. See website for more information



02 9385 0376



<https://www.conductproblems.com/about-us/>



## **SOUTH WEST KIDS CLINIC (PRIVATE/PAID SERVICES)**



With a focus on family, collaboration and positivity, South West Kids Clinic provides a range of therapy services to children aged 0-18 years of age who need help reaching developmental milestones and gaining independence.



<http://southwestkidsclinic.com.au/>

## **THE LIGHTHOUSE PSYCHOLOGY PRACTICE (PRIVATE/PAID SERVICES)**



Offer compassionate and professional treatment options that cater for all age groups and population.



[www.thelighthousepractice.com](http://www.thelighthousepractice.com)

## **MIND PROFILE (PRIVATE/PAID SERVICES)**



Mind Profile's specialty is working with children and adults assisting them with various psychological treatments and assessment options. These can include IQ testing, child developmental assessments, personality and mental health profiles.



[www.mindprofile.com.au](http://www.mindprofile.com.au)

## **COOL LITTLE KIDS ONLINE (FROM 3 YEARS) (ONLINE PROGRAM)**



Cool Little Kids Online is a parenting program that aims to increase the confidence of young children, so that they have fewer anxiety problems as they grow. Cool Little Kids Online is a web-based program designed to increase your knowledge and build practical skills. The program contains 8 'modules' with easy to read information, practical skills, videos and stories from other parents who have done the program. Each module takes about 30-60 minutes to complete.



<https://coollittlekids.org.au>

## **PARENT LINE: 1300 130 052 (FREE)**



Parent Line is a helpline that provides counselling and support for parents, as well as general parenting advice and information. Professional parenting counsellors are available until 9pm on weeknights and 4-9pm Saturday and Sunday.



1300 130 052



[www.parentline.org.au](http://www.parentline.org.au)

## BEYOND BLUE HEALTHY FAMILIES: 1300 22 4636 (FREE, 24/7)



On the website you can find helpful strategies for how to manage child anxiety, or you can get in touch with a mental health professional via phone, chat online, or email.



1300 22 4636



<https://healthyfamilies.beyondblue.org.au/>

## KIDS HELPLINE: 1800 55 1800 (FREE, 24/7)



Australia's only free, private and confidential phone counselling service specifically for young people aged between 5 and 25 years. Support is available for parents and carers who are concerned about their child's wellbeing. Online chat is available: 8am-12am / 7 days a week.



1800 55 1800