

Focused Psychological Support for children under 13 years



Psychological Therapy Services (PTS) is a short-term free counselling service in North East Victoria and Border regions for children under 13 years of age who are experiencing emotional or behavioural challenges, who have or are at risk of a diagnosed mental health issue.

Children, like adults, experience difficulties from time to time that may affect their emotional health and wellbeing. Children, just like adults, sometimes need someone to talk to.

We recognise that access to a counselling service for children and their families is essential, as good mental health through childhood and adolescence often underpins mental health and wellbeing throughout later life.

We give priority to the voices and needs of children, as well as recognising the importance of families, and the need for them to also be supported throughout the process.

How will PTS help my child?

PTS counselling may:

- Help children make sense of their feelings and experiences
- Help children develop strategies to manage their feelings and experiences
- Help parents recognise and respond to their child's mental and emotional needs
- Help children and their parents to better manage a range of behavioural and emotional difficulties.

How do I access PTS?

You need to make an appointment with your child's GP, paediatrician or psychiatrist and referrals will be directed to Gateway Health Intake. Please note, further screening for eligibility will occur as referrals are received into the service to ensure they are appropriate for the program and to ensure best outcomes.

Is there a cost?

There is no cost for this service. With the referral described above you may access up to 12 sessions in a calendar year.