



Gateway Health Psychology Clinic

Psychological Therapy Services for Children

Focused psychological support for children 0-13 years

Psychological Therapy Services (PTS) is a short-term, free counselling service in North East Victoria and Border regions for children 0-13 years of age who are experiencing emotional or behavioural challenges.

Children, like adults, experience difficulties from time to time that may affect their emotional health and wellbeing. We recognise that access to psychological support for children and their families is essential, as good mental health through infancy, childhood and adolescence often underpins mental health and wellbeing throughout later life.

The Children's Psychological Therapy Services counselling may help:

- Develop strategies to understand and support their feelings;
- To learn new ways to behave and act in response to their strong emotions;
- Connect with their family in new ways; and,
- Help parents recognise and respond to their child's emotional and behavioural needs.



Access

Anyone can make a referral to the Psychology Clinic including families, carers and professionals. To make a referral please contact Gateway Health reception:

- Call 1800 657 573
- Email intake.counselling@gatewayhealth.org.au