

## Why refer to Alfred CAMHS?

Alfred CAMHS focus generally is on highly complex cases or specific problems that need the skills of a multidisciplinary mental health team.

### ❑ **Behavioural problems**

School refusal, poor self control, drug and alcohol abuse, behaviour which is dangerous to themselves or others, lying, stealing, aggressive behaviour

### ❑ **Emotional problems**

Trauma reactions, stress, anxiety, depression, suicidal thoughts and rage reactions

### ❑ **Relationship problems**

Social withdrawal, family conflict, poor peer relationships [including bullying]

### ❑ **Developmental problems**

Social skills, speech and language, fine and gross motor skills, learning, attention, concentration and play difficulties

### ❑ **General health and well being problems**

Eating disorders, disturbed sleeping patterns, poor self care, self harm, physical symptoms expressing emotional distress

### ❑ **Other psychological symptoms**

Hallucinations [voices and visions that no-one else can experience], delusions [false beliefs], seeming to be out of touch with reality, paranoia [overly suspicious], habitual and obsessive behaviour.

See referral information below

## Assessment Process

When a referral is accepted for assessment, the Intake Team will contact the family and offer an appointment with a Case Manager.

The assessment period may take several sessions to enable the service and the family to understand the concerns and how they may have developed over time.

Following the assessment the Case Manager will develop a treatment plan with the family and young person.

**Referrals from Professionals – use Referral Form on home page**

**Families & Carers contact Alfred CAMHS – Phone intake on 8552 0555**