



Help for parents/ carers

I'm concerned about the social and emotional wellbeing of my child- where can I go for help close to the Burleigh Waters/ Varsity Lakes area?

There is a wide variety of agencies that support our Caningeraba community- the one that is right for you and your child depends on the type and level of concerns you have. Are any of these situations similar to yours?

My child is fighting with me all the time; they don't listen to what I'm saying when they come back from staying with their other parent and they don't seem very happy.

You could consider contacting a local community centre, which provides **free** counselling for children up to the age of 12, and their parents. These services are free and can help in circumstances such as:

- Child-parent relationships
- Co-parenting/share parenting
- Family communication
- Behavioural concerns

Caningeraba has links with **Palm Beach Neighbourhood Centre**, a local community centre that provides counselling services by appointment only, phone **5598 1505**.

Things haven't been good at home for a while, and my child is withdrawing to their room, having trouble separating from me and/or is quick to anger and tear up. This has been the case for a while now and the things I've tried aren't making much of a difference.

You could access a support agency that will provide advice, connections and support that suits you, your child and your family. The focus is on strengthening the mental health and wellbeing of children.

Caningeraba has links with the following support agency:
accoras you.nique, phone **5679 3300**, www.accoras.com.au

I'm concerned my child might be suffering from anxiety and I think he/she needs to talk to a child psychologist.

You could talk through your concerns with your local GP; he/she may recommend a referral to a psychologist.

Your doctor may choose to prepare a *Better Access for Mental Health Plan*, or an *Access to Allied Psychological Services (ATAPS) Plan* if you have a current health care card; these plans are government supported and provide up to 6 lower cost/ free psychology visits. Conditions which could be supported under these plans include anxiety, depression, eating disorders, behavioural problems, trauma and phobias. Your doctor could advise you regarding local psychology services or you could choose your own.