



Child and Youth Mental Health Service Referral Guide

Child and Youth Mental Health Service specialises in helping children and young people who have complex mental health needs. We see clients who are struggling with anxiety, depression, their attachment-relationships, eating disorders, school refusal, psychosis, suicidal and/or self-harming behaviours and/or trauma. This struggle has usually impacted on their development, close relationships, activities, education or work.

When you come to CYMHS you will meet a member of the multi-disciplinary team. The first time we meet you we will work with you to develop a shared understanding of your concerns. Together, we will then develop a plan to help manage these difficulties. The plan might be that this one meeting is enough to help for now, that there is another service more suited to your needs, or that CYMHS is the right way for you.

How do I get a referral?

First, talk to your GP, guidance officer or another helping professional about your concerns. They may refer you to CYMHS, or to other suitable services.

At CYMHS, we understand that accessing mental health services can be difficult. We will work with you and other services who might be involved to support you to access our services. In addition, we offer free interpreter services.

Our referral-based appointments are offered when:

1. Mental health issues are causing you and your family significant distress and are interfering with daily functioning at home, school or the workplace.
2. Problems are linked with out-of-the-ordinary reactions to significant life events. For example: illness, separation, divorce or bereavement.
3. Priority will be given to children, young people and families who are experiencing severe distress and who are at risk of harming themselves and/or others.

“Getting help early was so important. I no longer felt so alone coping with my child’s problems.”

Parent of a young person

Urgent referrals

CYMHS will respond very quickly to people who are in extreme distress (for example, people who are experiencing suicidal thoughts or psychosis) and who are at significant risk of harming themselves and/or others.



What should you do in an emergency situation?

Remain calm and **phone 000**.

Or the Acute Response Team (ART) 24-hour crisis telephone support line on **(07) 3068 2555**.

ART, based at the Lady Cilento Children's Hospital, South Brisbane, provides support and assessment to young people and their families who present to the Emergency Department.

Alternatively, contact your local CYMHS clinic during business hours

Services for infants and young children

The Zero to Four CYMHS team works with infants and preschoolers whose mental health is at risk. The team uses a family-approach which actively involves parents/carers as part of the treatment.

CYMHS referrals can be directed to:

North Brisbane

North West CYMHS

📍 49 Corrigan St, Keperra, QLD, 4054
t (07) 3335 8888
f (07) 3335 8741
e CHQ-CYMHS-NorthWest@health.qld.gov.au

Nundah CYMHS

📍 10 Nellie St, Nundah, QLD, 4012
t (07) 3146 2300
f (07) 3146 2420
e CHQ-CYMHS-Nundah@health.qld.gov.au

Pine Rivers CYMHS

📍 568 Gympie Rd, Strathpine, QLD, 4500
t (07) 3817 6380
f (07) 3817 6375
e CHQ-CYMHS-PineRivers@health.qld.gov.au

South Brisbane

Inala CYMHS

📍 7 Kittyhawk Ave, Inala, QLD, 4077
t (07) 3372 5577
f (07) 3879 1483
e CHQ-CYMHS-Inala@health.qld.gov.au

Mt Gravatt CYMHS

📍 643 Kessels Rd Mt Gravatt, QLD, 4122
t (07) 3087 2260
f (07) 3087 2266
e CHQ-CYMHS-MtGravatt@health.qld.gov.au
p PO Box 6870 Upper Mt Gravatt, QLD, 4122

Yeronga CYMHS

📍 51 Park Rd, Yeronga, QLD, 4104
t (07) 3848 8011
f (07) 3892 1425
e CHQ-CYMHS-Yeronga@health.qld.gov.au
p PO Box 3125 Yeronga, QLD 4077

Zero to Four CYMHS

Nundah Cottages

📍 31-33 Robinson Rd, Nundah, QLD, 4012
t (07) 3266 3100
f (07) 3266 4522
e CHQ-CYMHS-Zero-Four@health.qld.gov.au

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Contact us

📍 Child and Youth Mental Health Service (CYMHS)
PO Box 5492, West End, Q 4101
t (07) 3310 9444
f (07) 3310 9498
w childrens.health.qld.gov.au/mental-health