

## Child and Youth Mental Health Service

# Referral Guidelines for External Referrers

---

Child and Youth Mental Health Service (CYMHS) is a multi-disciplinary service that specialises in helping children and young people who have complex mental health needs and are presenting with severe anxiety, depression, problems in their attachment-relationships, eating disorders, school refusal, psychosis, suicidal and/or self-harming behaviours and/or trauma.

CYMHS offers assessment, treatment, and care coordination (not assessment only or psychiatry only) and does not require a Mental Health Care Plan.

Our referral-based appointments are offered when:

1. Mental Health issues are severely compromising the child/young person and their family's quality of life and are interfering significantly with developmentally appropriate functioning at home, school or the workplace.
2. Problems are not responsive to other services (e.g. private psychologist or psychiatrist), require a multidisciplinary approach, and/or require coordination/integration across multiple services.
3. Priority will be given to children, young people and families according to the severity of their problems and the level of risk of harming themselves and/or others.

### What should you do in an emergency situation?

1. Please direct the young person to the closest emergency department or call triple zero (000) for emergency services, OR
2. Contact the CHQ CYMHS Acute Response Team (ART), a 24-hour crisis support line on (07) 3068 2555. ART is based at the Queensland Children's Hospital, South Brisbane and provides support and assessment to young people who present to the Emergency Department.

### How do I make a referral to CYMHS?

Step by step instructions about how to submit a referral, minimum referral requirements and client eligibility criteria is available on Children's Health Queensland website <https://www.childrens.health.qld.gov.au/chq/health-professionals/referring-patients/referral-forms/>

After a referral has been submitted to CYMHS, it will be followed up by a mental health clinician who will work with you to ensure that the right support is offered to the young person.