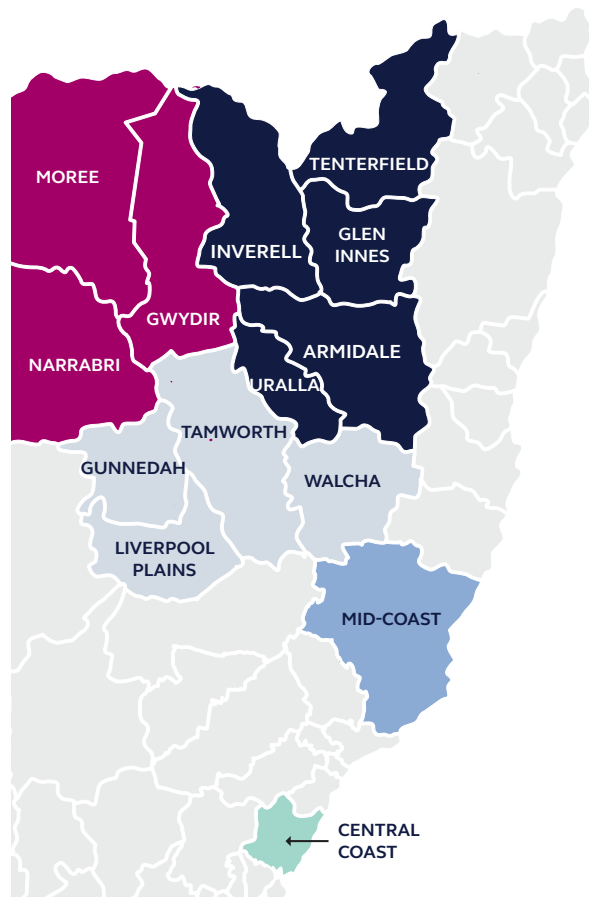


Office locations

- **Central Coast**
Gosford - Darkinjung
- **Mid-Coast**
Taree - Biripi / Worimi
- **Peel Cluster**
Tamworth - Kamilaroi
- **Tablelands Cluster**
Armidale / Tenterfield -
Nganyaywana / Ngarabal
- **Mehi Cluster**
Moree - Kamilaroi



About Uniting

Uniting is responsible for the social justice, community services and chaplaincy work of the Uniting Church in NSW and the ACT.

We provide care and support for people through all ages and stages of life, with a focus on people experiencing disadvantage and vulnerability.

Our purpose is to inspire people, enliven communities and confront injustice.

We value diversity and always welcome everyone, exactly as they are.



Find out more

Call **1300 04KIDS (1300 045 437)** or email wellbeing4kids@uniting.org

Wellbeing4Kids is supported by funding from the Hunter New England and Central Coast Primary Health Network.



Uniting Hunter, New England and Central Coast

Wellbeing4Kids



Worried about your child's wellbeing?

Having good mental health is important for the development and wellbeing of every child. It helps them to cope with changes, build healthy relationships, feel good about themselves, and enjoy life.

Wellbeing4Kids is a free service to support you in raising happier, healthier children. Our specialist child mental health team can provide assessments and counselling for emotional, social and behavioural challenges.



We're here for your child and your family

Children's mental health may be influenced by many factors, including family circumstances, friendships, school, and life events.

Just like adults, kids can feel sad, angry or upset sometimes. But if they feel this way most of the time, it's a sign they may need extra support.

If your child is experiencing mental health challenges, Wellbeing4Kids can develop an individual support plan that's tailored to meet your family's unique needs.

Your Wellbeing4Kids plan may include:

- **Therapeutic support** to help your child manage mental health challenges
- **Parenting support** and group programs
- **Practical support** such as goal setting, mentoring and referrals to other services.

The Wellbeing4Kids team:

- Works flexibly for you and your child, with face-to-face or online sessions
- Explores options for mental health treatments together with your family
- Works collaboratively with your family, carers, GP, school, and wider support team
- Provides culturally and linguistically diverse (CALD) support, including services for Aboriginal and Torres Strait Islander people.

Accessing our service

We mainly receive direct referrals from GPs, although provisional referrals may also come from paediatricians, child and family nurses, or school counsellors.

You may be eligible for support from Wellbeing4Kids if:

- You're the parent or carer of a child up to the age of 12
- You live in Gosford, Mid-Coast, Mehi, Peel or Tablelands
- You're under financial hardship and are less able to pay fees to access private mental health services, and are unable to access Medicare subsidised, NDIS or out-of-home care mental health services.

