



LITTLE SPARKS

Childrens mental health program

Greater Newcastle | Central Coast | Lower Hunter | Upper Hunter

Beam Health is delivering a new Hunter New England and Central Coast Primary Health Network funded pilot program providing mental health supports for children under 12 years of age. Delivered by trained and experienced Psychologists and Mental Health Clinicians, the program is primarily aimed at providing access to those children who may otherwise not be able to access support due to financial hardship.

Target Group

Children under the age of 12 and their families/caregivers who have difficulty in accessing mental health treatment in the primary care sector due to financial hardship.

Priority Group

Services will be prioritised to children who meet the target group criteria above and:

- Have parents with a severe mental illness
- Have self-harmed, attempted suicide or who have suicidal ideation, and are able to be appropriately managed in the primary health care setting
- Living in rural and remote areas

Eligibility

To be eligible for services provided under this program children should:

- Meet the above target group criteria
- Live within the Central Coast, Greater Newcastle, Lower Hunter Valley and Upper Hunter Valley region
- Not be currently accessing psychological services by other means including NDIS or Out-of-Home Care Services

Program Information

Children that meet the criteria are eligible for a maximum of 12 (50 minute) sessions in a calendar year with a trained and skilled Psychologist or Mental Health Practitioner. Where appropriate, group sessions may also be facilitated and do not count towards the individual evidence-based therapy services in a calendar year.

Referrals will primarily be received directly from General Practitioners.

HOW TO REFER

Referrals can be emailed to **littleparks@beamservices.com.au**

Our Intake Team will contact the parent/caregiver to discuss supports available

ACCESS TIMES

Children referred will be seen in a timely manner and services can be provided face to face, telehealth or other alternative options

Beam Health is not an acute or crisis service but will support children at risk of suicide