

## Queensland Centre for Perinatal and Infant Mental Health

### Zero to Four Child and Youth Mental Health Service

# Information sheet

Zero to Four CYMHS is an infant and early years mental health service for infants and young children up to 48 months, where the child is not yet at school, and for pregnant women and their families.

We are a mental health team with clinicians from different disciplines (including psychiatry, psychology, nursing, social work and occupational therapy) working together to help you, your unborn baby or young child, and your family.

#### Who we see

- Infants or young children who are experiencing emotional and/or behavioural difficulties that are causing them such distress that their social, emotional or other developmental wellbeing is at risk
- Infants and young children whose relationship with their parents or caregivers makes it hard for them to be together and enjoy spending time with each other
- Women and their families where the circumstances of a pregnancy are having a negative impact on their developing relationship with their unborn baby

#### Getting help from us

- Zero to Four CYMHS is available for infants, young children and pregnant women who live in the local Child and Youth Mental Health Service catchment area (the Greater Brisbane Metropolitan Area, excluding Logan, Bayside, Redcliffe and Caboolture).
- Your general practitioner (GP) or a service provider who has been working with you can make a referral to Zero to Four CYMHS. You must give them permission for this to happen.
- For further information about us, please speak to your GP or the service provider who has been working with you.

#### What we do

We meet with you, your child and family to understand your concerns. Together with you, we decide what help you need and what 0-4 CYMHS can provide. Families are encouraged to take an active role in planning their care.

If 0-4 CYMHS is the best service for your family at this time, we will help you to:

- develop a better understanding of the issues that may be causing your child's distress
- learn ways to settle and manage your child's emotional distress and /or behavioural difficulties
- enjoy the best relationship possible with your child, by exploring issues that might be getting in the way
- learn from the latest research about the developmental needs of young children
- use this information to manage your child's emotional distress and/or behavioural difficulties
- develop practical skills to support your child's social, emotional and physical development
- explore any child development concerns, and get specialist help if needed
- care for your own physical and emotional health
- link with other services in your community to support you as a family

#### Contact us

- If you have any questions about your initial appointment, call Zero to Four CYMHS on (07) 3266 3100.
- [www.health.qld.gov.au/qcpimh/](http://www.health.qld.gov.au/qcpimh/)
- [www.childrens.health.qld.gov.au](http://www.childrens.health.qld.gov.au)

