

Zero to Four Child and Youth Mental Health Service

What is an INITIAL appointment?

Zero to Four Child and Youth Mental Health Service (0-4 CYMHS) offers an initial face-to-face meeting with two of our clinicians. At this appointment we will talk about why your child has been referred to our service. Together we will decide whether working with our service will be helpful for you, your child and your family.

Appointment bookings

The 0-4 CYMHS Clinician will phone you to arrange a time and place for the appointment. They will let you know the names of team members you will be meeting on the day.

What to expect

- Before your INITIAL appointment we will post you some forms. Please complete the forms and bring them to your appointment. Your answers help us get to know you better.
- At your appointment, two clinicians will talk with you about yourself, your child and your family. We want to understand your concerns, and your goals for making things better.
- The INITIAL appointment may give you enough opportunity to discuss your concerns and consider some strategies, so that you don't need to attend any more appointments. If you and your family are looking for a different type of support, 0-4 CYMHS will help you contact a service that better suits your needs.
- If it seems that working with 0-4 CYMHS will be helpful, you will be asked to sign consent forms so we can work together. If you and your child's other parent are not together, we will talk about what information is to be shared. We aim to work within your particular circumstances in the best interests of your child.
- Your INITIAL appointment will take one-and-a-half to two hours. A second appointment may be scheduled to complete the assessment, which will include making a short video of you and your child together.

What to have with you at the INITIAL appointment

- Your child's Personal Health Record (red book), Medicare Card, Healthcare Card, private healthcare card
- Completed forms (a clinician can help you with these on the day if needed)
- Family members or support people who can help us understand your concerns and needs

What else to bring if your appointment is in a clinic

- Things your child may need during the appointment (for example nappies, food, drink)
- New places can be stressful for young children. Please bring along a favourite toy for your child to cuddle and play with.

Contact us

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f: 07 3266 4522

e: CHQ-CYMHS-Zero-Four@health.qld.gov.au

w: www.health.qld.gov.au/qccpimh/

w: www.childrens.health.qld.gov.au

In an emergency, always contact 000 for immediate assistance.

Developed by Queensland Centre for Perinatal and Infant Mental Health. Updated November 2017.

All information contained in this sheet has been supplied by qualified professionals as a guideline for care only. Seek medical advice as appropriate for concerns regarding your child's health.

