



## Community Links Wellbeing

Community Links Wellbeing is a not-for-profit non-government organisation which supports clients and their families to achieve positive outcomes. Under STAR4kids we offer both centre-based and telehealth options if required.

We can provide assistance when:

- You are worried about your child/ children
- You want to improve your child/ children's life and overall wellbeing
- You don't know who else can help
- You don't know which service is supposed to help you

For more information contact  
Community Links Wellbeing

**0455 104 104**

Go to [swsphn.com.au/star4kids](http://swsphn.com.au/star4kids)  
Or obtain a referral from your GP.

## Community Links Wellbeing

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6 Harper Close, Tahmoor NSW 2573

**Bowral Office**  
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**P: 0455 104 104**  
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Community Links Wellbeing is a STAR4Kids provider and a registered NDIS service provider.

**STAR4Kids is supported by funding from South Western Sydney PHN.**



**A free and confidential  
mental health support service  
for children aged 3-12 years.**



**Information for  
parents and caregivers**



**Good mental health in childhood is the foundation for future positive wellbeing.**



## What is STAR4Kids?

STAR4Kids (Supporting Them to Achieve Resilience) is for children aged 3-12 years with, or at risk of, emotional or mental health problems, who experience barriers to accessing Better Access (Medicare).

Seeking help early gives your child the best chance to work through difficulties before they progress. Your child does not have to be diagnosed with a mental illness to access STAR4Kids services.

Your child will receive support from a trained and experienced STAR4Kids practitioner. STAR4Kids professionals are cleared through mandatory checks such as police and Working With Children.

## How STAR4Kids works

STAR4Kids includes up to 12 hours of free psychological support with a mental health professional (psychologist, mental health nurse or accredited counsellor or social worker) who has experience working with children.

Child counselling is different to adult counselling. Playing games, drawing and storytelling may be used to help your child.



### STAR4Kids is not available to:

- Children who can access Better Access (Medicare).
- Children with a diagnosed behavioural or neurodevelopmental disorder, including: Oppositional Defiant Disorder (ODD), Autism Spectrum Disorder (ASD), or Attention Deficit Hyperactivity Disorder (ADHD), unless the main presenting concern is the child's mental health problem.

## How to access the program

You can visit your GP for a referral. Book a long appointment with your GP to complete a *GP Mental Health Treatment Plan (for Children)*.

Non-GP referrals may also be made through other approved provisional referrers.

Once STAR4Kids receives your child's referral you will be contacted by a STAR4Kids professional to arrange an appointment to have your child assessed. You will work together to come up with a plan of action best suited to your child's needs.

### Non-GP referrals

Referrals can be made through approved provisional referrers such as early childhood centres, teachers and school counsellors.

When your child has been referred by someone other than a GP, you will need to see a STAR4Kids professional to assess your child's needs. This may take more than one appointment.

You will then need to book a long appointment with your GP to receive a mental health treatment plan.

