

INFORMATION SHEET

Mighty Minds – Emotional Wellbeing Program for Children

Mighty Minds provides children under 12 and their parents with access to evidence based short term focused psychological strategies. The program is aimed towards children who have or are at risk of developing mental, emotional or behavioural disorders. The child does not need to have a formal diagnosis. Mighty Minds also works with the family and/or caregivers to assist them in providing better support to the child. The program is based in Wagga.

For more information talk to your GP or contact the Mighty Minds Intake and Liaison Officer on (02) 6923 3195.

How to access the service:

To access the service call the intake and liaison officer on (02) 69233 195. The intake and liaison officer will have a series of questions that need to be answered by the referrer.

Prior to the first appointment, the child will need to be seen by a general practitioner, paediatrician or

psychiatrist for a referral and/or treatment plan.

Who can access the service?

Children under the age of 16, who are not accessing Mental health services through state-funded mental health services (e.g., Community Mental Health) are eligible for the program. Parents/caregivers can be present during all sessions where clinically appropriate. Parents/caregivers may also be invited to participate in sessions without the child present, however the child is always the focus of the service and support. Parents/caregivers who require mental health support will be referred as required to a more suitable service. Mighty Minds is a short-term program (up to 18 sessions per calendar year) and children requiring longer term psychological interventions are not suited to the program, and will be directed to the most appropriate alternative service.

Cost:

The program is entirely free.

Who are Mighty Minds counsellors?

Mighty Minds counsellors are mental health professionals (psychologists, social workers, occupational therapists and mental health nurses) who have specific mental health qualifications.

What strategies will be used by Mighty Minds Counsellors?

Mighty Minds counsellors use short-term focused psychological strategies. Mighty Minds counsellors will tailor services to meet the needs of the child and services may include behavioural interventions, parenting and family-based interventions and cognitive behavioural therapy. Mighty Minds counsellors may also include more specific interventions based on the needs of the child.