

Overview of Child, Youth and Family Mental Health Services in the ACT

To ensure proposed services interact with or complement existing services in the ACT, applicants should consider the broader mental health service systems. To assist applicants this resource provides an overview of child, youth and family mental health services in the ACT.

The following diagrams provide a visual representation of the mental health services available for children 0 to 12 (Diagram 1), young people 12 to 25 (Diagram 2) and for Carers, Parents and Families (Diagram 3).

Services in each diagram are colour coded to show where they are designed for or prioritise specific priority population groups. Services without a specified priority population are considered general services.

The tables presented following each diagram provide service descriptions, age cohorts and website links to access further details.

This resource provides a list of mental health services that are aligned to the Child, Youth and Families Stream of Mental Health Commissioning. It excludes clinical Services such as those delivered by Canberra Health Services, programs delivered by the Education Directorate, and services currently subject to Mental Health Commissioning.

The intention is to identify the current mental health landscape and support planning for the Child, Youth and Families Stream of Mental Health Commissioning.

To minimise duplication and strengthen service responses, organisations are encouraged to review additional resources, including:

- [Mindmap](#)
- MChart [Geospatial Mapping](#)
- MChart [Reports](#)

Overview of Mental Health Services for Children (0 to 12)

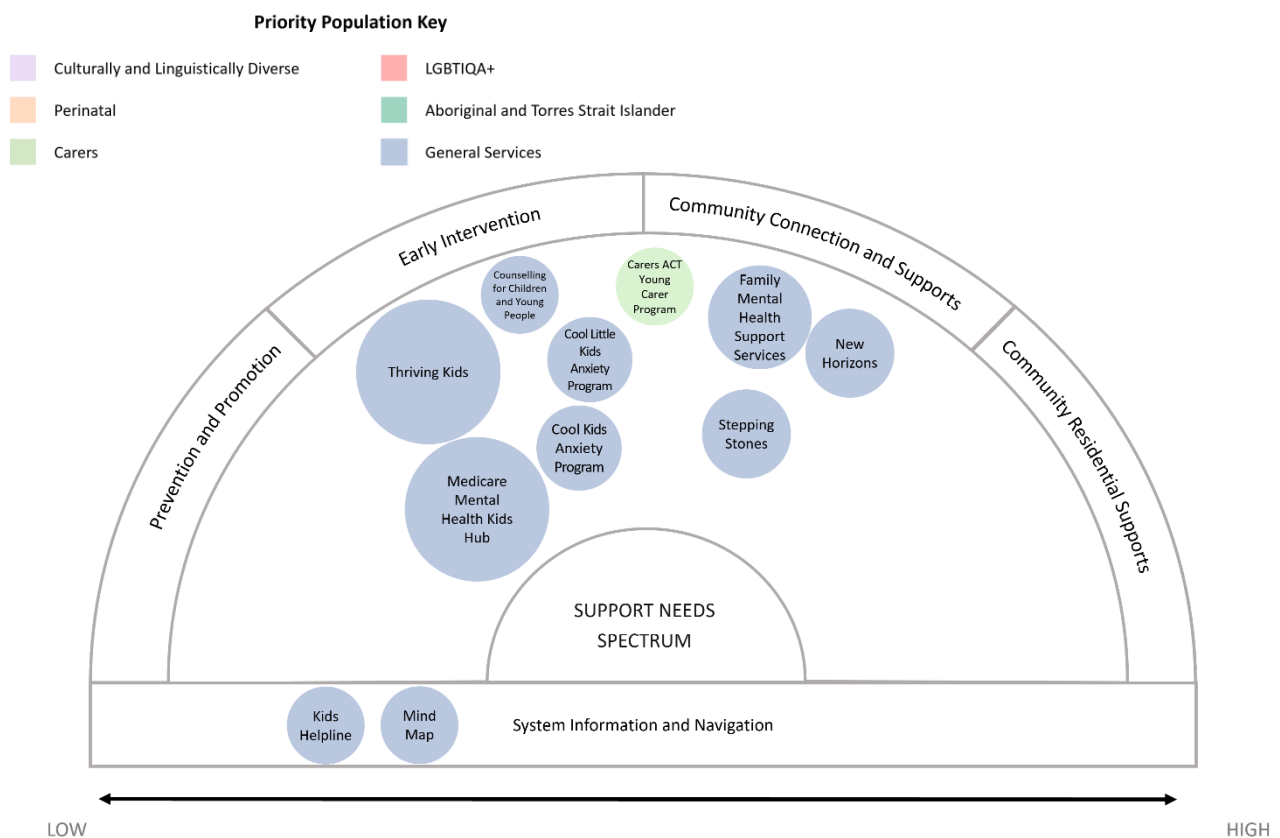


Diagram 1: Mental Health Services for Children (0 to 12)

Service Name	Description	Age Cohort
Carers ACT Young Carer Program	Young Carer Program supports young carers (up to age 25) by providing information & advice, offering scholarships and assistance with education & training costs, funding recreational activities to give 'time to yourself', referring you to counselling and/or support groups, arranging short-term replacement care so you can have a break, organising groups and activities with other young carers.	up to 25 years old
Cool Kids Anxiety Program	Cool Kids (7-12) is a group program for children who are experiencing anxiety. The program uses CBT to help children and their carers to better understand anxiety and develop strategies to manage their anxiety, with a focus on teaching practical skills. It is a ten-week structured group program run by trained, provisionally registered psychologists under the supervision of qualified psychologists.	7 to 12 years old

Cool Little Kids Anxiety Program	Cool Little Kids (3-7) is a group program for children who are experiencing anxiety. The program uses CBT to help children and their carers to better understand anxiety and develop strategies to manage their anxiety, with a focus on teaching practical skills.	3 to 6 years old
Counselling for Children & Young People (Relationships Australia)	Relationships Australia's Counselling sessions provide a safe and supportive environment to talk about challenges your child may be experiencing. Counselling is for children aged 5 – 16 years, in the context of family support. Sessions can be attended either individually, with a parent or as a family. It can help your child to clarify challenges or changes in your family, gain new perspectives and work towards positive changes.	5 to 16 years old
Family Mental Health Support Services (FMHSS) - Marymead CatholicCare Canberra & Goulburn	Family Mental Health Support Services (FMHSS) provides early intervention support to children and young people at risk of mental illness. The service is provided with the support of their families and carers. It is designed to be flexible and responsive to the needs of the child and their family.	0 to 25 years old
Kids Helpline	Kids Helpline is a free and confidential 24/7 phone and online counselling service for young people aged 5 to 25. There are also resources on the website with information for young people and their parents/carers.	5 to 25 years old
Medicare Mental Health Kids Hub	Medicare Mental Health Kids Hubs (previously known as 'Head to Health Kids') will provide a welcoming, inclusive place for children aged 0-12 experiencing mild to moderate developmental, emotional, relational and/or behavioural challenges, while also providing support to their carers and families.	0 to 12 years old
MindMap	An online mental health portal designed for children and young people (up to 25 years of age) in the ACT, providing resources, information, and guidance to navigate Canberra's mental health system. The portal includes phone, chat, and email support from 11 am to 10 pm, 7 days a week.	0 to 25 years old
New Horizons	Marymead CatholicCare's New Horizons Program provides mental health counselling to help your child (0-18) stay connected to others, explore their life choices, increase capacity and coping strategies, improve wellbeing and support them in strengthening their relationships with their family, friends and loved ones.	0 to 18 years old

<u>Stepping Stones</u>	Marymead CatholicCare Canberra & Goulburn's Stepping Stones program is a free, short-term, therapeutic service for children aged 12 and under who have experienced trauma. Trauma may involve a single incident like a car accident or assault, repeated traumatic incidents such as abuse, neglect, or witnessing family violence.	0 to 12 years old
<u>Thriving Kids</u>	Support for children aged 8 and under with developmental delay and/or autism with low to moderate support needs, and their families, carers and kin. Supports will help give children the best start in life by ensuring those with additional developmental needs receive quality supports earlier in their developmental journey – when these supports can have a big impact. Parents and families will be able to access trusted information, advice and evidence-based child development supports delivered by allied health professionals, where these are needed to achieve good outcomes. Each child's needs and circumstances will guide decisions about which Thriving Kids services and supports are best suited for them and their family. Children and families will access supports matched to their needs. Thriving Kids in the ACT will be rolled out in stages. At the of publishing this Overview, services will begin operation from 1 October 2026, which all services expected to be fully available by 1 January 2028.	0 – 8 years old

Overview of Mental Health Services for Young People (12 to 25)

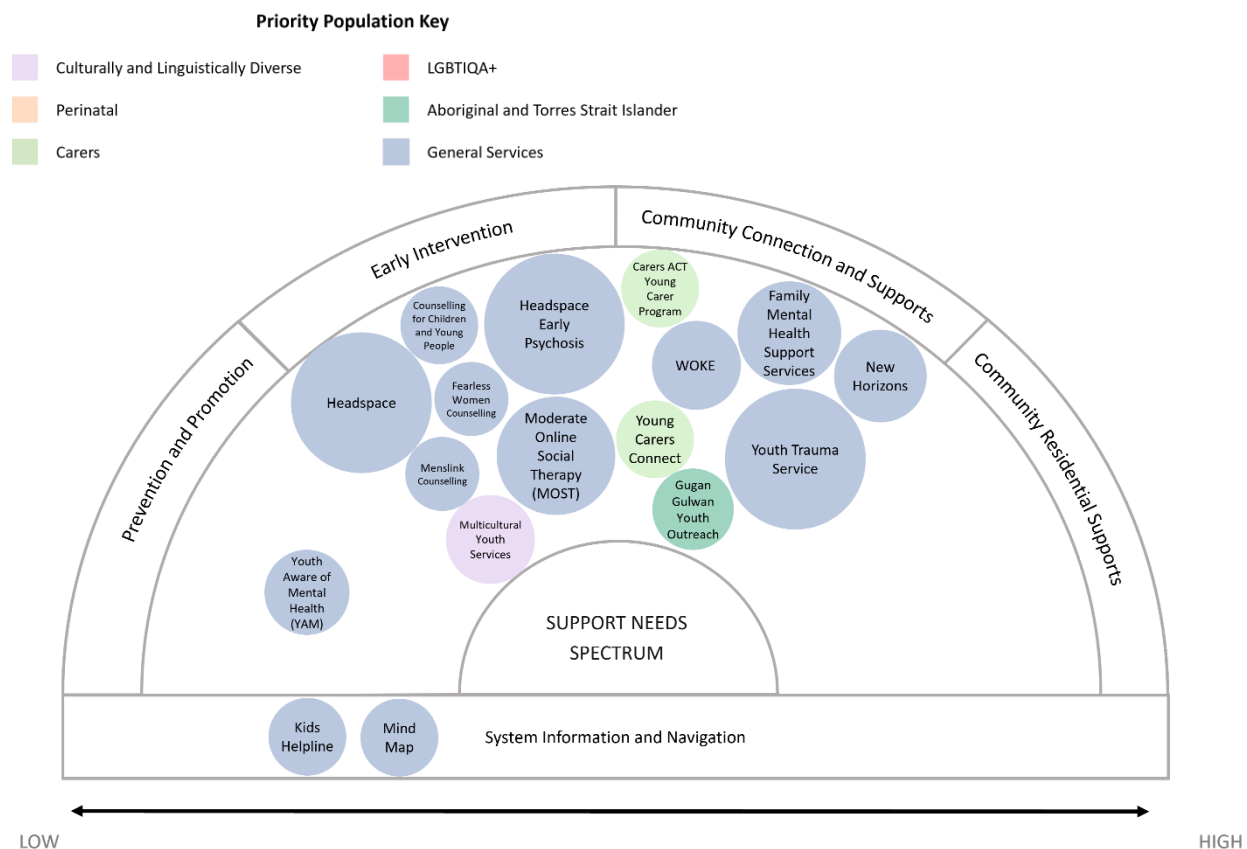


Diagram 2: Mental Health Services for Young People (12 to 25)

Service Name	Description	Age Cohort
Carers ACT Young Carer Program	Young Carer Program supports young carers (up to age 25) by providing information & advice, offering scholarships and assistance with education & training costs, funding recreational activities to give 'time to yourself', referring you to counselling and/or support groups, arranging short-term replacement care so you can have a break, organising groups and activities with other young carers.	up to 25 years old
Counselling (Menslink)	Menslink offer free, face to face, counselling for young men through life's challenges.	10 to 25 years old
Counselling for Children & Young People (Relationships Australia)	Relationships Australia's Counselling sessions provide a safe and supportive environment to talk about challenges your child may be experiencing. Counselling is for children aged 5 – 16 years, in the context of family support. Sessions can be attended either individually, with a parent or as a family. It can	5 to 16 years old

	help your child to clarify challenges or changes in your family, gain new perspectives and work towards positive changes.	
Family Mental Health Support Services (FMHSS) - Marymead CatholicCare Canberra & Goulburn	Family Mental Health Support Services (FMHSS) provides early intervention support to children and young people at risk of mental illness. The service is provided with the support of their families and carers. It is designed to be flexible and responsive to the needs of the child and their family.	0 to 25 years old
Fearless Women Counselling	Fearless Women is a not-for-profit charity that offer programs, mentorship, counselling, and services that build confidence and resilience in girls and young women, enabling them to live their lives fearlessly. Fully accredited counsellors provide professional guidance and resources to develop independence and resilience.	10 to 25 years old
Gugan Gulwan Youth Outreach	Gugan Gulwan Aboriginal Youth Centre offers a range of programs that include a Drug and Alcohol/Mental Health program, a Child, Youth, Family Support Program, and a Reconnect Program to support young Aboriginal and Torres Strait Islander people. Gugan Gulwan gives support to parents and the family unit, focusing on skills development for young people.	up to 25 years old
Headspace Canberra and Tuggeranong	Free mental health services for young people aged 12-25 years old. Holistic care including Mental Health, Physical and sexual health, AOD and Work and Study.	12 to 25 years old
Headspace Early Psychosis	Offers free and confidential support for young people aged 12 to 25 experiencing an early episode of psychosis or at risk of developing psychosis, providing access to specialty trained mental health professionals, support for returning to study or work, assistance with everyday life skills, creative therapies, and social group activities.	12 to 25 years old
Kids Helpline	Kids Helpline is a free and confidential 24/7 phone and online counselling service for young people aged 5 to 25. There are also resources on the website with information for young people and their parents/carers.	5 to 25 years old
MindMap	An online mental health portal designed for children and young people (up to 25 years of age) in the ACT, providing resources, information, and guidance to navigate Canberra's mental health system. The portal includes phone, chat, and email support from 11 am to 10 pm, 7 days a week.	0 to 25 years old

Moderated Online Social Therapy (MOST)	Moderated Online Social Therapy (MOST) offers an on-demand, digital therapy service for young people aged 12 to 25. It provides support to young people who are engaged with a face-to-face clinician, those on a waiting list. This allows young people to receive immediate support as they wait for their first clinical appointment and can then enhance their face-to-face clinical intervention through on-demand personalised strategies and mental health resources.	12 to 25 years old
Multicultural Youth Services (Multicultural Hub Canberra)	Multicultural Youth Services (MYS) provides services to young people of migrant and refugee backgrounds, their families and communities. Services include direct one-to-one support, group sessions, counselling, advocacy, life skills development, family relationship support, community activities including social, recreational and sports, as well as community development for young people and their communities.	12 to 25 years old
New Horizons	Marymead CatholicCare's New Horizons Program provides mental health counselling to help your child (0-18) stay connected to others, explore their life choices, increase capacity and coping strategies, improve wellbeing and support them in strengthening their relationships with their family, friends and loved ones.	0 to 18 years old
WOKE	The WOKE program is a free, 14-week early intervention program for young people aged 15-21 experiencing difficulties associated with emotional dysregulation, which is associated with personality disorders, such as Borderline Personality Disorder.	15 to 21 years old
Young Carers Connect	A safe and supportive space for young carers aged 12-25 to connect to others who understand, share your experience, get advice and access valuable resources.	12 to 25 years old
Youth Aware of Mental Health (YAM)	A school-based mental health education program for young people aged 13 to 17. Students actively engage with the topic of mental health through role-play and student-led discussions to promote mental well-being and resilience.	13 to 17 years old
Youth Trauma Service – Youth at Risk	The Youth Trauma Service will provide a trauma informed, wraparound response to young people aged 13-18 with complex needs and psychosocial complexities, as well as support for their carers and families. This service will be delivered by multidisciplinary clinicians in a community-based setting.	13 to 18 years old

Overview of Mental Health Services for Carers, Parents and Families

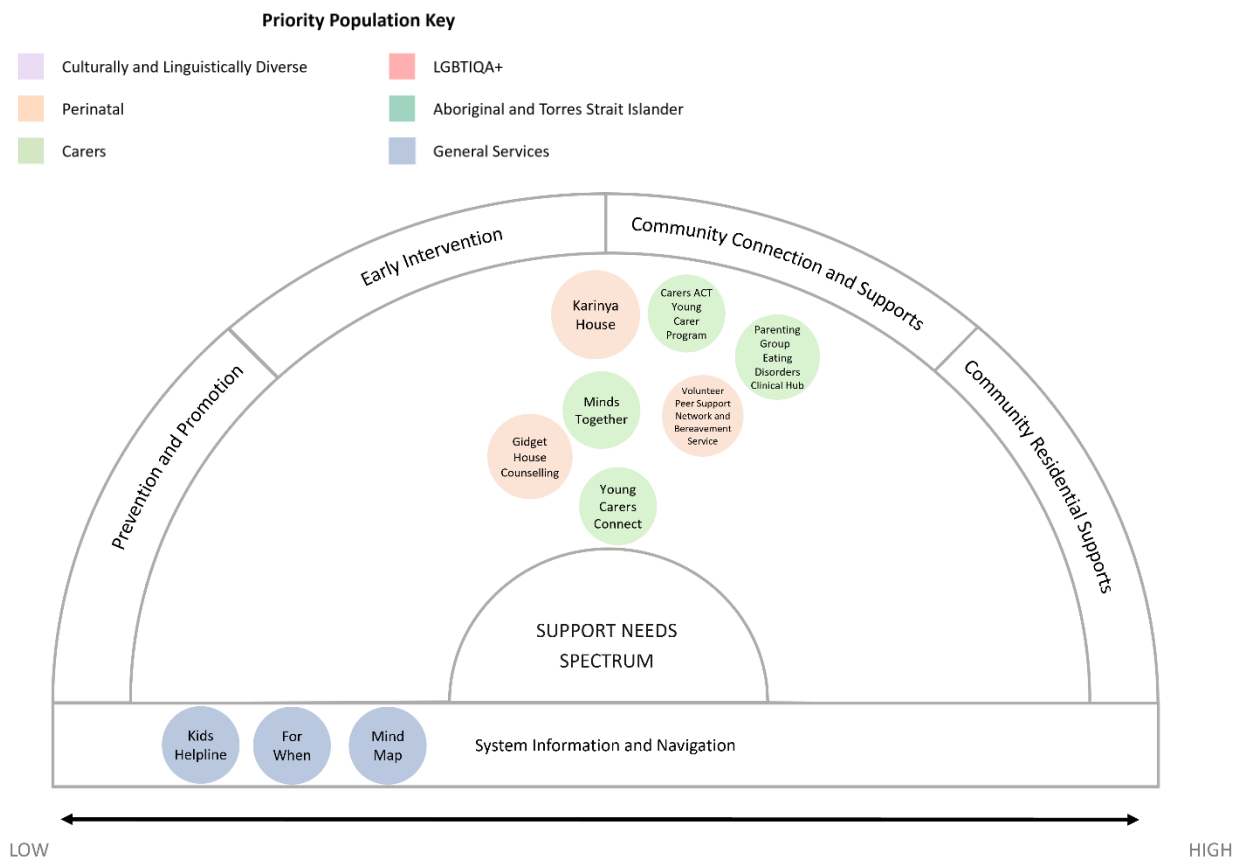


Diagram 3: Mental Health Services for Carers, Parents and Families

Service Name	Description	Age Cohort
Clybucca Dreaming	Intensive First Nations Perinatal Case Management Support	New and expecting parents
ForWhen	Helpline for supporting new and expecting parents (mums, dads and guardians) to navigate mental health services and find the assistance they need, from conception until the child is 12 months old. The helpline is staffed by clinical practitioners. It's a national service that helps people find services and also provide a "check-in service" whilst families are waiting for ongoing mental health services.	New and expecting parents
Gidget House Counselling	Gidget House provides free individual psychological counselling services delivered face-to-face or via telehealth program. Gidget Houses are accessible and provide compassionate holistic care for expectant and new parents and their families. Payment for services provided by Gidget House is covered by Medicare bulk billing. A referral from a	People in the perinatal period

	GP and a mental health care plan are required to access this service.	
Karinya House	As a 24-hour, seven day a week service, Karinya House is for women in the region who are pregnant or parenting, offering case management services which may include residential and/or outreach-based support services.	Mothers including people in the perinatal period.
Kids Helpline	Kids Helpline is a free and confidential 24/7 phone and online counselling service for young people aged 5 to 25. There are also resources on the website with information for young people and their parents/carers.	5 to 25 years old
MindMap	An online mental health portal designed for children and young people (up to 25 years of age) in the ACT, providing resources, information, and guidance to navigate Canberra's mental health system. The portal includes phone, chat, and email support from 11 am to 10 pm, 7 days a week.	0 to 25 years old
Parenting Group - Eating Disorder Clinical Hub	Offers support and education for parents of children and adolescents with eating disorders, providing strategies to assist in their child's recovery and promote a healthy family environment.	Parents and Carers
Volunteer Peer Support Network and Bereavement Service	Safe sleeping education to new & expectant parents/carers, peer based training and support for volunteers, bereavement support services for parents and families who need professional counselling following the unexpected loss of an infant or young child.	Parents