

Family Mental Health Support Services

Better Place Australia offers a free Family Mental Health Support Service (FMHSS) that provides support to vulnerable families with children and young people in the Frankston area who are showing signs of, or are at risk of developing a mental illness. This includes changes in mood, anxiety, worry, ways of coping, stress and other significant life stage transitions.

Family Mental Health Support Services (FMHSS) is early intervention support to vulnerable families with children and young people who are showing early signs, or are at risk of developing mental illness.

This service will work with children and young people with their families to support the family group. Through the links with other services and providers, FMHSS will be able to respond in a timely and flexible way to support children, young people and families to access supports to improve mental health and wellbeing.

What does the service provide?

FMHSS provides a range of flexible, responsive, non-clinical mental health support services to meet the needs of children and young people affected by, or at risk of, mental illness, and their families and carers.

FMHSS works with children, young people and their families or carers to address risk factors and strengthen protective factors for good mental health outcomes.

- Intensive, long-term, early intervention support for children, young people, who are very vulnerable to developing mental health issues; and their families to identify areas of need and establish the support to achieve the goals set. This support may include direct work; supported referrals to other services; structured groups for a period between 6 to 12 months.
- Short-term immediate assistance for families which may need some information about mental health issues and support to access the most suitable services in the local community in order to promote good emotional health and wellbeing in children and young people. This might include direct work; short term groups; resources and information.
- Community outreach, mental health education and community development activities which may include: organisation of, and participation in, community events; and, general group work in the

community to address stigma attached to mental health issues and promote a greater understanding of mental illness.

Who can access the service?

For FMHSS, eligible participants are children and young people up to the age of 18 who are showing early signs of, or are at risk of developing, mental illness, and their families and carers. FMHSS is a whole of family approach and is not able to work with a child or young person without the involvement of their families or carers.

A formal diagnosis of mental illness is not required to access FMHSS.

What are the goals of the service?

- Children and young people have improved emotional health and wellbeing.
- Children and young people can better manage the different aspects of their lives.
- Families and carers are helped to support their children and young people, and
- Communities have a better understanding of, and response to, mental health issues that affect children and young people.

Interpreters



You can ask us for an interpreter in your language.

What do I do now?

If you would like to know more, please call

1800 639 523 or send an email to

enquiry@betterplace.com.au with your contact details.

Specialties	<ul style="list-style-type: none">• Individual and family supportive interventions• Practical assistance• Outreach support• Targeted, therapeutic groups for children, young people or their families.• One-off support services• Mental health literacy and education• Collaboration and coordination with schools• Advocacy to access other support services• Information provision and resources• Linking with other relevant services
Inclusion / Exclusion Criteria	Children and young people up to the age of 18, who are showing early signs of, or are at risk of developing a mental illness, and their families and carers, in the Frankston area.
Frequency	Frequency and number of sessions varies according to individual/family need. This can include a one off support session or more intensive interventions.
Time	9.00am to 5.00pm - Monday to Friday
Location	Level 2, 60 Well Street Frankston Vic 3199 T: 9784 0698 Outreach is available
Referral	If you would like to know more, please call 1800 639 523 or email the FMHSS Referral Form to enquiry@betterplace.com.au