



# Shine Assist

## Counselling support for children and their families - Information for Parents

The OzChild Shine Assist program enables families and schools to work together in partnership with General Practitioners, Paediatricians, Psychiatrists and Psychologists to address the psychological and emotional wellbeing of children and young adults who meet the eligibility requirements through the Medicare Benefits Schedule for psychological support.

The Shine Assist program is accessed by a referral from a General Practitioner through a Mental Health Treatment Plan or by referral from a Paediatrician or Psychiatrist. Individuals may be eligible for up to twelve individual sessions per year and twelve group training sessions per year.

This service will be bulk billed by Shine Assist psychologists and there will be no further cost to young people and their families.

A young person may be eligible for support from the Shine Assist program psychologist if they have problems which significantly impact on their emotions, thoughts, social skills and decision making. This includes students who may be experiencing difficulties because:

- They have trouble making and keeping friends
- They are being bullied
- They are depressed or excessively anxious
- They have unresolved issues with grief or loss
- They have behaviour problems such as difficulty managing their anger
- They have been identified with Attention Deficit Disorder

### What you need to do to access the Shine Assist service?

- Discuss your concerns with your school to decide whether a referral is needed.
- If a decision is made to seek support from Shine Assist arrange an appointment with your medical practitioner and request a referral letter to a psychologist through the Mental Health Treatment Plan .When making an appointment tell the receptionist that it is for the development of a Mental Health Care Plan so that sufficient time is allowed for the appointment. Be sure to request the GP to bill Medicare with item 2710 to enable referral to a psychologist.
- Take the referral letter and any other documentation from your doctor to the school who will then contact the Shine Assist program manager to arrange sessions with your student and a psychologist from Shine Assist.

For further information, please contact:  
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OzChild Outreach Services

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