



Shine Assist

Counselling support for children and their families - information for schools

OzChild's 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.

If one of your students is experiencing difficulties that may affect their emotional wellbeing and mental health such as dealing with bullying, depression, attention deficit disorder, grief and loss they may be eligible for support through this program.

The Shine Assist program is accessed by a referral from a General Practitioner through a Mental Health Care Plan or by referral from a Paediatrician or Psychiatrist. Individuals may be eligible for up to twelve individual sessions per calendar year (up to eighteen in exceptional circumstances) and twelve group sessions per calendar year.

This service will be bulk billed by OzChild psychologists so there will be no cost to young people, their families or the school.

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

- Identify students you believe would benefit from the Shine Assist psychology service. Discuss your concerns with the parents to decide on a possible referral.
- When a referral is decided upon complete a letter to the General Practitioner, Paediatrician or Psychiatrist outlining the schools and parents concerns to assist the medical practitioner in developing a Mental Health Care Plan.
- If a decision is made to seek our support arrange for the parent and student to visit their GP and request a referral letter to a psychologist through the Mental Health Care Plan. Ask the parent making an appointment to tell the receptionist that it is for the development of a Mental Health Care Plan and to be sure to request the GP to bill Medicare with item 2710 or 2702.
- Upon receipt of the completed GP referral letter or Mental Health Care Plan and the Parent Permission Referral Form from the parent, the school should contact OzChild to arrange sessions for the student with a Shine Assist psychologist.

In order to facilitate our service to your students and school we ask that you provide the following information:

- A contact person to facilitate referrals and feedback from the psychologist to relevant school staff.
- A suitable room in the school where individual and/or group sessions can be conducted with privacy and confidentiality.
- We will aim to visit you on a weekly or fortnightly basis and ask that you arrange appointment times for your

For further information, please contact:
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