



Child Mental Health Service

A free mental health service for children aged 4–13 years, and their parents, who are experiencing separation, divorce.

We offer age-appropriate counselling for children whose families are experiencing separation, divorce and conflict, and who are experiencing mental health challenges such as anxiety, depression, social struggles, family issues and grief.

We also provide information and strategies for you, as their parents and carers.

Evidence shows that supporting children's mental health during separation and divorce helps them adapt more quickly to change, improves their wellbeing and resilience, and supports positive child-parent relationships.

We support children to:

- ✓ share their thoughts and feelings about their parents' separation, in a safe space
- ✓ have improved mental health and wellbeing
- ✓ build their social and emotional skills, which are important for mental wellbeing.

We help parents, carers and family members to:

- ✓ understand how separation and divorce affect your children's mental health
- ✓ identify your children's needs and learn strategies to support them
- ✓ work towards healthy ways to co-parent after separation.

How it works

1. Assessment sessions

Parents or carers attend an individual assessment with our child mental health practitioner. This helps us to understand your perspective as a parent/carers about your child's mental health, and any other risks, concerns or issues affecting them.

Our child mental health practitioner will also hold an assessment session with your child. We'll ask them age-appropriate questions about their feelings and what they might want to get out of counselling. Parents/carers can attend this session with young children or children who need additional support.

2. Counselling sessions

We provide up to 6 sessions of counselling for children and their families. We may meet with your children individually, or with children and family members together, depending on your family's specific needs.

Cost

Free of charge.

Safety

The safety of our clients and staff is our priority. Visit rav.org.au/about/child-safety to read about our commitment to child and youth safety.

If you're experiencing or are at risk of family violence, this service may not be suitable for your child at this time. Please contact us to talk about your situation and how we can support you.

Session locations

Sessions with children, or with children and parents/carers together, take place at our Kew Centre, located at [46 Princess Street, Kew](#).

Sessions with parents can be provided online or in person in Kew.

Getting started

Contact us to make an appointment or learn more about how this service could support your child and family.

Call (03) 9261 8700

Email cmh@rav.org.au

Fill in our online enquiry form

Visit rav.org.au/child-mental-health-service/#contact or scanning the QR code.



About us

Informed by more than 75 years' experience, we provide a diverse range of family and relationship services to support individuals, couples and families, including children and young people. Our services are delivered in-person and online across metropolitan Melbourne and regional Victoria.

