



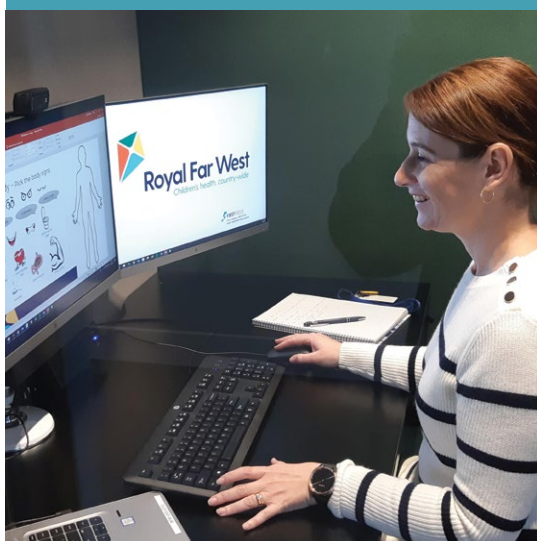
Royal Far West

Children's health, country-wide

Connect
for Kids



Connect for Kids



What is Connect for Kids?

Connect for Kids is a program which allows children to access psychology support via video link (Telecare). Connect for Kids is available to children aged 0-15 living in South Eastern NSW, primarily in the South Coast, Shoalhaven area, Cooma, Yass, Goulburn and Crookwell regions.

The aim of the program is to provide a short-term focused intervention to children experiencing mild to moderate mental health and/or behavioural concerns.

Sessions are conducted by one of our Royal Far West psychologists. Our psychology team has provided Telecare services to children and families for over four years. We are leaders in delivering online therapy services and already support over 1000 children in this way. Telecare is evidence-based, and children enjoy interacting with the technology.

Royal Far West is a not-for-profit organisation that has been providing health services to children living in rural and remote areas of Australia since 1924.

What difficulties can we help with?

Connect for Kids psychologists can support children and families with a range of concerns including:

- Anxiety
- Low self-esteem
- Low mood
- Anger
- Bullying
- Grief and loss
- Attention difficulties
- Social difficulties
- Behaviour problems

Sessions may involve the psychologist working directly with the child or providing parenting support.

How is the program structured?

Children can access up to 12 sessions. Sessions are usually weekly and 45 minutes in length. The first session is typically parent/carer only to discuss concerns.

What set-up is required for Telecare?

- Technology
 - Computer/laptop
 - Good internet connection
 - Webcam with microphone and speaker
- Parent/carer support person available for all sessions to provide support and supervision when required
- Private space for sessions e.g. room at home, school or GP practice

What does the service cost?

There is no cost to children and families accessing service. Connect for Kids is fully funded by COORDINAIRE – South Eastern NSW PHN.

How do I sign up to Connect for Kids?

You can self-refer for the first three sessions. If you wish to continue to access the service after this, we ask that you see a GP for a Mental Health Treatment Plan.

Referrals can be sent through to the Telecare team at **telecare@royalfarwest.org.au**. A Telecare Coordinator will then be in contact to discuss the referral process further.

For more information

Call: 02 8966 8555

Email: telecare@royalfarwest.org.au

Visit: www.royalfarwest.org.au

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