Toowoomba Child & Youth Mental Health Service

School Referral Decision Flowchart

Mental Health concerns identified by school staff
- Suicidality and/or self harm
- Low mood; appearing withdrawn; irritability
- Excessive worrying; difficulties coping including significant stress following a critical incident
- Difficulties with regulating mood appropriately
- Defiant and/or oppositional behaviour
- Aggression, violence and/or other anti social behaviour
- School refusal
- Significantly underweight

Is there suicide/self harm risk?
Please consider:
- Does the young person have current intent?
- Does the young person have a plan?
- Does the young person have access to means?
Also refer to your organisation’s mental health and student protection guidelines and policies.

Yes

If urgent, please arrange for the student to be brought immediately to the emergency department.
Please inform CYMHS (4616 6843) as soon as possible to allow the service to prepare for the presentation and assessment.

No

Are other professionals involved with the young person, for example a private counsellor, psychologist, psychiatrist or paediatrician?

Yes

Please contact these professionals first to discuss your concerns for the student. As the student’s treating specialists, they are best to provide the necessary further support. In collaboration with these professionals, it can be decided if a CYMHS referral is needed.

No

Consider the impact on functioning at home, school and socially.
Please contact these professionals first to discuss your concerns for the student. As the student’s treating specialists, they are best to provide the necessary further support. In collaboration with these professionals, it can be decided if a CYMHS referral is needed.

HIGH

LOW-MODERATE

Consider the severity and complexity of the difficulties.
- Are there multiple domains of difficulty?
- Is there a high level of distress in young person and family?
- Have multiple strategies/interventions been previously tried for example counselling, family support and parenting programs?

HIGH

LOW-MODERATE

Obtain parent/guardian consent to make referral to CYMHS.
- 4616 6843 or;
- Fax completed referral form to 4616 5399.

Make referral to CYMHS intake

ALTERNATE AGENCIES

Counselling/Therapy Services
- headspace – 4639 9000
- Lifeline Child and Family Therapy Team – 1300 391 443
- CatholicCare – 1300 477 433
- USQ Psychology Clinic – 4631 7476
- See local GP for a referral to a private psychologist, psychiatrist or paediatrician

Family Support Services
- Family and Child Connect – 13 32 64
- Intensive Family Support Service (IFSS), Uniting Care Community – 4633 9213
- Act for Kids – 4687 0200
- Anglicare Southern Queensland – 1300 610 610

Housing Support Services
- Red Cross Youth Housing and Reintegration Services (YHARS) – 4614 1600

Youth Support Services
- Toowoomba Youth Service – 4639 1333

Other Specialist Services
- Alcohol and Other Drug Service (AODS) – 4616 6100
- Sexual Assault Support Service at Kobi House – 4616 6950
- Domestic Violence Action Centre, Toowoomba – 4617 7670

Online and Phone Services
- e headspace – www.eheadspace.org.au
- Youth Beyond Blue – 1300 22 4636; www.youthbeyondblue.com