

# Inattention and Hyperactivity

## Helpful resources to support you and your child

These resources are not intended to provide an emergency or crisis response.

If the young person is in crisis, or if they are at an acute risk of harming themselves or others, please contact emergency services on 000. In a mental health emergency, please contact Mental Health Triage on 13 14 65 or the Kids Help Line on 1800 55 1800. To refer to CAMHS (Child and Adolescent Mental Health Service), phone 1300 222 647.

### Women's and Children's Hospital - Child and Adolescent Virtual Urgent Care Service

A free Child and Adolescent Virtual Urgent Care Service connects parents with a virtual team of emergency doctors and nurses who can assess and provide medical advice for children aged between 6 months and up to 18 years.

Website: <https://www.wch.sa.gov.au/patients-visitors/emergencies/virtual-urgent-care>

### ADHD Foundation

The ADHD Helpline is a national service offering ADHD information and recommendations for ADHD assessment and or ADHD Diagnosis.

Phone: **ADHD Helpline 1300 39 39 19**

Website: [www.adhdfoundation.org.au/adhd](http://www.adhdfoundation.org.au/adhd)

### Triple P – Positive Parenting Program

Free, evidence based online parenting programs to create the best environment for your child's development, learning and wellbeing. Programs can provide strategies for a range of issues including sleep, anxiety, separation/divorce or just to help your child learn, grow and thrive. Also recommended for parents of children with ADHD.

Website: [www.triplep-parenting.net.au](http://www.triplep-parenting.net.au)

### Raising Children Network

The Raising Children website has a variety of resources and advice on Sleep, Behaviour, Safety, Development, Healthy lifestyle, Communication, ADHD and many more.

Website: [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

### School Based Services and Learning

A discussion with your child's school is important to see what support can be offered. The Department of Education Student Support Services team may be able to provide assessment and school-based interventions once a referral is made by your child's school.

Equivalent supports can also be available in private schools. Services include social work, Psychology, Speech Pathology, Occupational Therapy self-regulation service, Nursing and Behaviour support and Inclusive Educators. Cognitive/Learning and Language assessments can also be requested.

Website: [www.education.sa.gov.au/docs/support-and-inclusion/student-support-services/student-support-services-overview-of-services-for-parents-and-carers.pdf](http://www.education.sa.gov.au/docs/support-and-inclusion/student-support-services/student-support-services-overview-of-services-for-parents-and-carers.pdf)

### SPELD

If you have concerns about learning, SPELD is a not-for-profit organisation that provides advice, resources and services to children and adults with specific learning difficulties.

Website: [www.speld.org.au](http://www.speld.org.au)

Free SPELD SA Advisory line: PH: [1800 371 085](tel:1800371085)

## Psychology

Psychology may be helpful for strategies to help manage emotions and improve focus.

A Mental Health Care Plan (MHCP) can be accessed through your GP. This provides a partial subsidy for Medicare funded access to a mental health professional for up to ten sessions per year.

Local psychologists can be found via - <https://psychology.org.au/find-a-psychologist>

University student clinics, supervised by a qualified psychologist, offered at a reduced rate for therapy and assessment, and do not require a referral. Families can self-refer via:

- > University of South Australia Phone: **8302 4875** Email: [psychologyclinic@unisa.edu.au](mailto:psychologyclinic@unisa.edu.au)
- > Flinders University Psychology Clinic Phone: **8201 2311** Email: [fupc@flinders.edu.au](mailto:fupc@flinders.edu.au)

## Family Wellbeing Service - A Government funded service, provided by Baptist Care, Uniting Communities and Relationships Australia

Free, early intervention, short term support for children and young people 5-18 years of age. Works with families to support children and young people to confidently navigate life when they may be experiencing challenges with mental health and overall wellbeing. Up to 15 sessions are available with a counsellor, and support to find and connect with other service providers.

Phone: **8273 7100** Email: [enquiries@baptistcaresa.org.au](mailto:enquiries@baptistcaresa.org.au)

Websites: [www.baptistcaresa.org.au](http://www.baptistcaresa.org.au), [www.unitingcommunities.org](http://www.unitingcommunities.org), [www.rasa.org.au](http://www.rasa.org.au)

## Other Helpful Options:

- **Head To Health** – for help to use your MHCP Phone: 1800 595212 [www.headtohealth.gov.au](http://www.headtohealth.gov.au)
- **Sleep Health Foundation**: [www.sleephealthfoundation.org.au/sleep-topics/adhd-and-sleep-in-children](http://www.sleephealthfoundation.org.au/sleep-topics/adhd-and-sleep-in-children)
- **Parent Works** - caregivers of children aged 2-17 years [www.parentworks.org.au](http://www.parentworks.org.au)
- **Health Direct** - [www.healthdirect.gov.au](http://www.healthdirect.gov.au)
- **Envisage Families** – Practical tools to help your child and family if you have developmental concerns or are raising a child with a disability. 0-8 years of age - [www.envisage.community](http://www.envisage.community)
- **The BRAVE Program** – online program for Anxiety. Ages 3-17. [www.brave4you.psy.uq.edu.au](http://www.brave4you.psy.uq.edu.au)
- **Royal Children's Hospital Melbourne** – Factsheets and Podcasts on a variety of topics.  
[Kids Health Info : ADHD – ways to help children at school and home](#)
- **Emerging Minds**: Provides in-person and online training, programs, and resources for professionals, children, and families. This website offers free training, guides, webinars, tools, and updates. [Emerging Minds - Advancing Australian children's mental health. https://emergingminds.com.au/resources/](http://emergingminds.com.au/resources/)
- **Well Mob**: Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander People. Topics include mental health, sleep etc. [www.wellmob.org.au](http://www.wellmob.org.au)



This document has been reviewed and endorsed by consumers.



**Health**  
Southern Adelaide  
Local Health Network