

## **Occupational Therapy, Speech Pathology, Dietitian, Mental Health Counselling for children, youth and families.**

*Do you know a child  
or young person  
needing support  
with mental,  
emotional,  
behavioural or  
physical health  
issues?*

*Is your child having  
difficulties with  
daily living,  
developmental  
skills, peers,  
socially, speech, or  
school?*

*Is the child  
living in a  
stressful  
situation?*

**Our Allied Health Team consists of an:**

- **Accredited Occupational Therapist – Mental Health Professional / Counsellor and Art Psychotherapist.**
- **Accredited Occupational Therapist and Certified Practising Speech Pathologist – assessment and therapy services.**
- **Accredited Practising Dietitians – assessment and therapy services.**

**Families can self-refer or see their GP for a referral through rebated programs. For further information about this service contact Amity Health on 9842 2797.**

### **Mental Health Counselling and Art Psychotherapy for kids, teens, families and adults:**

Emotional or behavioural difficulties, anxiety, depression, trauma, coping with changes, bullying and school difficulties, grief/loss, medical issues, stressful life events, family illness, family separations. Group, family or individual counselling is available.

### **Therapy groups for kids/ teens:**

- Mindful Kids group – relaxation and mindfulness skills for resilience and self-regulation.
- Your Space group – kids living with a parent or sibling with mental illness.
- Resilience and Social Skills group – kids and teens core social and peer skills.
- Happy Hands group – improving hand skills and strength in the early years

### **Dietetics services:**

Children have unique nutrition needs that change as they develop. Our Dietitians provides support with a range of nutrition issues including:

- Proper Growth and development, including underweight or overweight
- Nutrient deficiencies
- Introducing solids
- Fussy eating and feeding difficulties
- Constipation or diarrhoea
- Food allergies and intolerances

### **Occupational Therapy:**

Provides assessment and therapy for children / youth experiencing difficulties with fine and gross motor co-ordination, sensory processing and self-regulation, attention and concentration, school difficulties, visual processing, play and social skills, handwriting and other education/classroom activities. Our OT is a Registered Autism provider.

### **Speech Pathology:**

Provides assessment and therapy for children experiencing delays in expressive and receptive language, speech sounds and those who stutter. Children who are also having difficulties with auditory memory and literacy skills can be referred to speech pathology. Our Speech Pathologist is a Registered Autism provider.