



IS A CHILD YOU KNOW
EXPERIENCING ONE OR MORE
OF THE FOLLOWING SYMPTOMS?

Depression

Sadness, feelings of hopelessness, helplessness, loss of pleasure, social withdrawal, appetite changes, sleep changes, negative thoughts

Anxiety

Stomach complaints, headaches, fearfulness, nervousness, sleep problems, perfectionism, avoidance, worry, shyness, negative body image, separation anxiety, clinginess

Behavioural Problems

Aggression, anger, bullying, defiance, stealing, lying, irritability, concentration problems, school refusal, severe stubbornness, running away, risk taking behaviours

Please pass this information on
to other schools and services



capable communities
strong families
thriving children



How to contact SHINE

Please call the Team Leader
during business hours on

phone 9770 0341

shine@familylife.com.au

it's time
to **shine**



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**A mental health project for
children, youth and families**

An Australian Government initiative



SHINE PROJECT

The **SHINE Mental Health Project** is a new initiative to improve mental health for children, youth and their families by delivering innovative, integrated services of;

Support
Help
Information
Networks
Education

The focus of the project is to **reduce risk** and **strengthen resilience** in children through early intervention and prevention. The project **supports children** who are coping with mental illness in their family.

SHINE services will be provided throughout Frankston and the Mornington Peninsula, Bayside, Kingston and Glen Eira regions.



AIMS

- To improve the capacity for prevention and early intervention for mental illness in children aged 8-14
- To strengthen parenting, relationships and communication strategies within families with children aged 8-14 who may be at risk of mental health issues
- To provide enhanced support for children aged between 8-14 who may have a parent with a mental illness
- To contribute to the national evidence-based and practical framework for broader mental health intervention in the community

WHO IS ELIGIBLE?

Children between the ages of 8-14 years experiencing early signs of **anxiety**, **depression** and/or **behavioural issues** and/or with a parent who is experiencing **mental health issues**.



SERVICES

- Resilience programs in schools and the community
- Family and Individual support work (case management)
- Individual child/adolescent counselling
- Parent counselling and assistance
- Whole family counselling and therapy
- Community education and skill enhancement
- Small group work
- Information about mental health issues
- Groups for children with parents who have mental health issues
- Advocacy and assistance for families
- Networking with other services to support families

COST

SHINE services are funded by the Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA), therefore **no fee is charged**.