

## Children and Young People's Mental Health Central Coast Health NSW



### State and Local Government

[www.ycentral.com.au](http://www.ycentral.com.au)

The services below come under the umbrella of "ycentral" and work with children, young people and families who are experiencing a range of mental health issues. This can be at the early stage of mental health issues or those with acute mental health issues. The headspace service receives on average 120 new referrals per month and Children and Young People's Mental Health receive on average 5 new referrals a day.

#### WHO WE ARE

We are a team of over 70 staff including mental health nurses, GP's, psychologists, social workers, occupational therapists, psychiatrists and reception staff.

#### WHAT WE DO

ycentral's services help thousands of young Australians get their life back on track. We assist teenagers and young adults with problems like depression, anxiety, bullying, alcohol and other drug related issues. We are a free one-stop shop for young people 12-25 years,



offering early intervention with an emphasis on mental health and well-being, providing access to a range of health services. We triage, access and refer to the most appropriate service in our network.

#### MORE ABOUT US

We are committed to diversity and social inclusion. Applications are encouraged from those who identify as LGBTI. We offer employment opportunities and amazing experiences. We provide ongoing quality supervision, a modern and creative work environment, competitive salary packaging, and the opportunity to work with a dynamic team who support and mentor.

#### WHO WE'RE LOOKING FOR

ycentral is an Equal Opportunity Employer which values diversity and inclusion. We are looking for enthusiastic, passionate and flexible people who share our values and have experience in engaging with young people 12-25 years in a variety of areas.

#### INSIDER INFO

Our primary focus is the mental health and wellbeing of all Australians. We know that getting help early is the key to resolving these problems quickly. In cooperation with our network providers, we are making a real difference where it is needed most - our young people.

## QUICK FACTS

#### WHERE WE ARE

Gosford, Central Coast, NSW.

#### OPPORTUNITIES

We have a vast array of opportunities for those who are passionate about providing high quality mental health services to young people and decreasing the stigma attached with seeking help. ycentral is a very exciting place to work; it is a very exciting initiative. We are on the cutting edge of service delivery in this country, and will continue to grow.



## WORKING HERE...

Members of the CCMH  
Pride In Diversity  
Committee

CYPMH have made significant ground since we joined with Pride in Diversity in 2012. The service was ranked 16th in the 2014 AWEI and we achieved our silver tier employee award and won Regional Employer of the year in 2015.

The service has been instrumental in engaging the broader Central Coast Mental Health (CCMH) Service in LGBTI inclusion initiatives. This has included the development of a CCMH Pride In Diversity Strategic Committee, with representation from CYPMH, adult mental health and older persons mental health. The Committee develops a bi-annual Strategic Plan to guide and inform our work in the inclusion space. Additionally a larger Allies network has also been established across CCMH. The roles and functions of this group may include correcting destructive myths, negative stereotypes and calling inappropriate behaviour; increasing visibility and promoting self and the role of Ally throughout the CCMH; being a champion for Pride in Diversity in team meetings and promoting self as a point of contact and support for CCMH employees wanting to come out in the workplace.

CCMH has a service wide diversity statement which is instrumental in driving awareness about LGBTI inclusion. The abridged version of the Diversity Statement is:

*'CCMHS is committed to diversity and social inclusion. This includes Indigenous Australians, people who identify as LGBTI, people of all ages, people with a disability and those from culturally and linguistically diverse backgrounds.'*