

MENTAL HEALTH CENTRES FOR CHILDREN AND ADOLESCENTS

**Working together for the healthy
development and well-being of children,
adolescents and families**



CHILD AND ADOLESCENT MENTAL HEALTH IS EXTREMELY IMPORTANT

Childhood and adolescence are decisive periods of life in which rapid physical and psychosocial developments take place. In this period, children and adolescents go through numerous changes and, through experience, develop the cognitive, social and emotional skills that lay the foundations for mental health in adulthood.

Mental well-being is an important part of general health, as both physical and mental health affect the way we think, experience, feel and act.

Children and adolescents often encounter challenges or pressures that are usually a response to circumstances, situations or changes in their lives. The problems are most often transitory in nature, with children and adolescents generally being able to resolve them themselves or with the understanding and support of their loved ones. However, sometimes professional help is needed.



WHEN TO SEEK HELP

Children or adolescents often notice long-lasting personal distress that they are unable to resolve themselves or with the help of their loved ones.

Adults can also perceive worrying behaviour or feelings, for example at home, at nursery or primary school, during leisure activities or in contact with others. **If there is a sudden drastic change in behaviour or if a change to behaviour lasts for a longer period of time, a rapid response is required.**

It is important to detect problems of this type on time and to take the necessary steps immediately, as effective professional help is available.

Mental Health Centres for Children and Adolescents offer comprehensive and easily accessible professional help to children, adolescents and families in a local setting.



HOW HELP AND SUPPORT ARE PROVIDED

The child or adolescent may themselves decide to speak to a specialist at a Mental Health Centre. In other cases, it may be a parent or guardian who contacts the centre on the child's behalf. A referral is not required.

You may also be referred to a centre by a GP, developmental paediatrician, nursery teacher, school teacher or school counsellor, social services centre, social protection programme provider or other participating department responsible for establishing initial contact with the child, adolescent or parent/guardian.

You will find a team of professionals on hand in one place:

- nurses
- social workers
- occupational therapists
- speech and language therapists
- special needs teachers
- psychologists
- child and adolescent psychiatrists.

We provide varied types of help:

- support and treatment
- support to other family members
- programmes for parents and guardians
- counselling and education
- one-to-one and group psychotherapy

A centre also works with other departments and organisations in the local area that are able to offer help and support.

When you first make contact, you will talk to a nurse about your problems, and fix a date for your first appointment at the centre. The children or adolescent will be invited to the first session. Parents/guardians and the whole family may also be brought into the process. Together with the team, you will then come up with a plan of help and support that best suits you.





za duševno zdravje



REPUBLIKA SLOVENIJA
MINISTRSTVO ZA ZDRAVJE

NIJZ Nacionalni inštitut
za javno zdravje

Working together for the well-being of children and adolescents We are available to answer any other questions you may have. Give us a call and we will be happy to help.

For urgent cases involving threat to life or health, seek help from an emergency centre or call 112.



The Network of Mental Health Centres for Children and Adolescents was established by the National Mental Health Programme (MIRA).
For more information, visit zadusevnozdravje.si

CONTACT INFORMATION

