



Finding Your Wings:
An Introduction to BeeMe Therapy for
Parents/Carers

Welcome to BeeMe Therapy

BeeMe Therapy is a mobile, innovative, community-based mental health service dedicated to supporting children, young people, and families across Perth and regional Western Australia.

Who Are We?

BeeMe Therapy provides professional, evidence-based therapeutic support for children and adolescents experiencing mental health difficulties. Our qualified therapists specialise in working with young people, creating safe, supportive environments where they can explore their feelings, develop coping strategies, and build resilience.

What Makes Us Different

We bring therapy to your family—meeting young people in familiar, comfortable settings including:

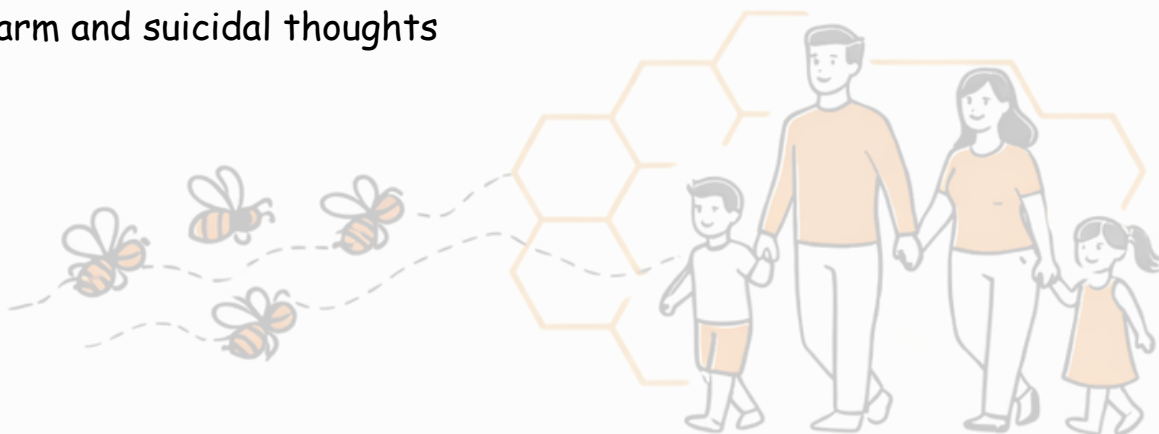
- Family homes
- Schools
- Community locations
- Online via secure telehealth (for regional families)

By removing the clinical environment and embedding support within everyday spaces, we help young people feel more relaxed and engaged in their therapy.

Who Do We Help?

We work with children and young people (ages 0-18) experiencing:

- Anxiety and worry - social anxiety, separation anxiety, phobias, panic attacks
- Depression and low mood - sadness, loss of interest, withdrawal
- Behavioural challenges - anger management, oppositional behaviour, school refusal
- Trauma and stress - grief, loss, family changes, difficult experiences
- Developmental concerns - emotional regulation, social skills, self-esteem
- Life transitions - family separation, moving home, school changes
- Peer and relationship difficulties
- Self-harm and suicidal thoughts



Our Approach

Evidence-Based Therapy

We use proven therapeutic approaches tailored to your child's needs, including:

- Cognitive Behavioral Therapy (CBT)
- Play therapy techniques
- Mindfulness and relaxation strategies
- Solution-focused therapy
- Family-centered approaches

Collaborative Care

We work closely with:

- You (parents/caregivers)
- Your child's GP
- Schools and teachers
- NDIS
- Other health professionals involved in your child's care

Child-Centered

- We adapt our approach to your child's age, developmental stage, and interests
- Sessions are engaging, interactive, and age-appropriate
- We respect your child's voice and involve them in their treatment goals



What To Expect

Before the First Session

1. Referral: Your GP will provide a Mental Health Care Plan or referral letter
2. Contact: We'll call you within 24-48 hours for a free 15 minute phone consult
3. Paperwork: We'll email consent forms and information sheets to complete before the first session
4. Questions: We're here to answer any questions or concerns you have

First Session (Initial Assessment)

Duration: 60-90 minutes

What happens:

- Meeting you and your child
- Understanding your concerns and what you'd like to achieve
- Gathering background information about your child's development, school, and family
- Beginning to build rapport with your child
- Discussing treatment options and creating a plan together

Who attends:

- Parents/caregivers (for part or all of the session)
- Your child
- Other family members if appropriate

Ongoing Sessions

Duration: 50-60 minutes

Frequency: Weekly or fortnightly depending on needs

Format:

- Individual sessions with your child
- Family sessions when indicated
- Parent-only sessions to discuss progress and strategies

Location: Your preferred setting (home, school, community, or telehealth)



Your Involvement

Your involvement is crucial to your child's progress.

We encourage you to:

- Attend parent sessions to learn strategies and stay informed
- Practice skills and activities at home between sessions
- Communicate openly with the therapist about concerns or changes
- Attend review sessions to assess progress

Balancing Privacy and Information:

- We respect your child's need for privacy while keeping you appropriately informed. We'll discuss with you and your child, what information will be shared.

Confidentiality and Safety

What We Keep Private:

- Session content is confidential
- Information is stored securely
- We only share information with your written consent

When We Must Break Confidentiality:

- If your child is at risk of harming themselves
- If your child poses a risk to others
- If we suspect child abuse or neglect
- If required by law

We will always discuss safety concerns with you and your child.



Fees And Billing

Medicare rebates:

- Available for children with a GP Mental Health Care Plan
- Up to 10 sessions per calendar year
- Out-of-pocket costs approx \$77-97 per session dependent on location and format

Private Health Insurance:

- We can provide receipts for claiming with your insurer
- Check your level of cover for psychology/allied health

NDIS Funding:

- We accept NDIS plan-managed and self-managed participants
- Therapy falls under Capacity Building - Improved Daily Living

Private Fees:

- \$210 per session. Payment due at time of service

Financial Hardship:

Please speak with us confidentially if cost is a barrier to accessing care.

Appointments and Cancellations

Booking Appointments:

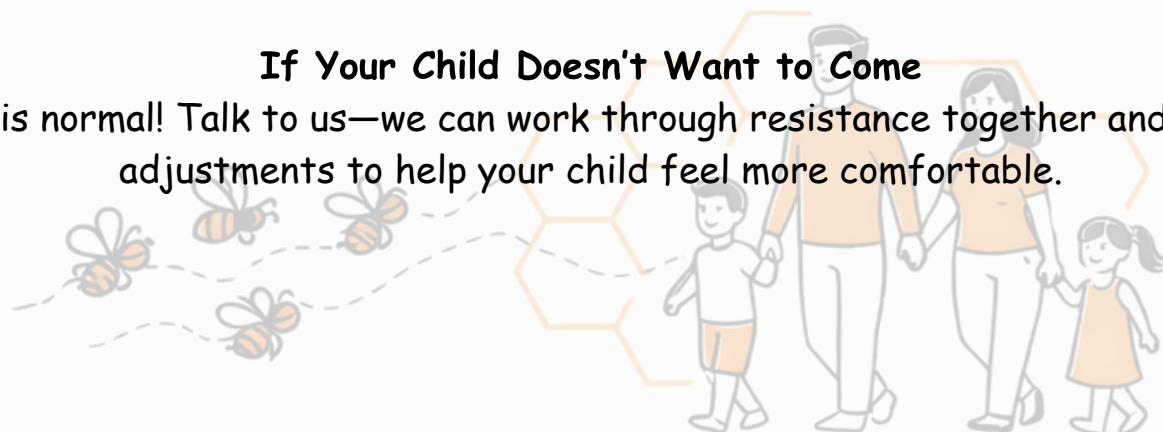
- Phone: 0401 013 828
- Email: beemetherapy01@gmail.com
- Online: www.beemetherapy.com.au

Cancellation Policy:

- Please provide 48 hours notice for cancellations
- Late cancellations or no-shows may incur a fee
- We understand emergencies happen—please contact us as soon as possible

If Your Child Doesn't Want to Come

This is normal! Talk to us—we can work through resistance together and make adjustments to help your child feel more comfortable.



How Long Does Therapy Take?

Every child is different. Some young people benefit from short-term support (6-12 sessions), while others need longer-term therapy. We'll regularly review progress with you and your child, to ensure therapy remains helpful and appropriate.

What If Therapy Isn't Helping?

We want therapy to be beneficial. If you or your child feel it's not working:

- Talk to your therapist—we can adjust our approach
- Request a different therapist within our service
- We can provide referrals to other services if needed

Your child's wellbeing is our priority, even if that means referring elsewhere.

Telehealth Services

What You Need:

- Computer, tablet, or smartphone with camera and microphone
- Reliable internet connection
- Private, quiet space for sessions

How It Works:

- We'll email you a secure video link
- Click the link at your appointment time
- No special software needed

Just as Effective:

Research shows telehealth therapy can be just as effective as face-to-face sessions, especially for young people comfortable with technology.



Frequently Asked Questions

Q: Will my child's school know they're in therapy?

A: Only with your written consent. We can collaborate with schools when it's helpful for your child's progress.

Q: What if my child won't talk?

A: That's okay! We use play, art, games, and other creative methods. Building trust takes time.

Q: Can I sit in on sessions?

A: For younger children, yes. For older children and teens, we usually meet individually to build trust, with regular parent updates.

Q: What happens in an emergency?

A: Call 000 for immediate danger. Contact your GP, local hospital emergency department, or:

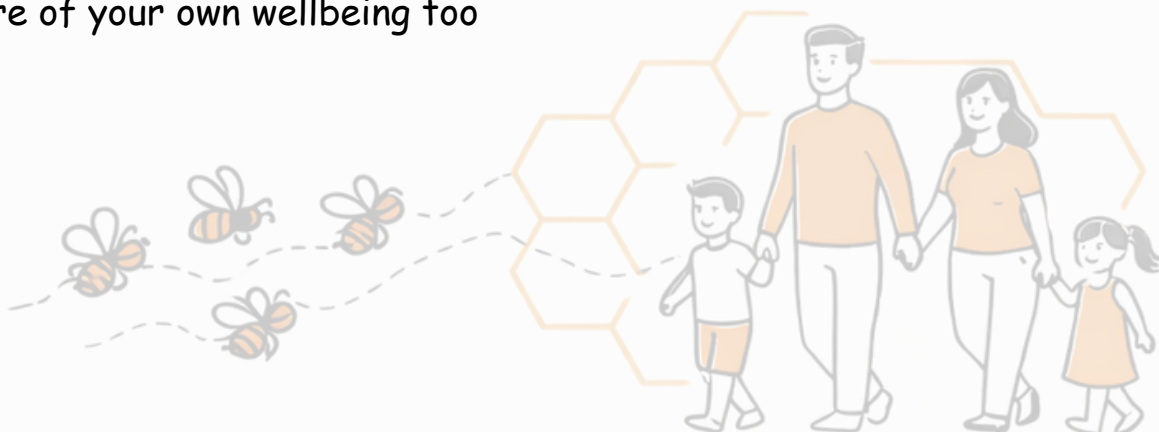
- Kids Helpline: 1800 55 1800
- Lifeline: 13 11 14
- Mental Health Emergency Response Line (Perth): 1300 555 788

Q: How do I know if my child needs therapy?

A: Trust your instincts. If you're concerned about your child's emotions, behavior, or wellbeing, it's worth exploring. Your GP can help assess whether therapy is appropriate.

Tips For Supporting Your Child With Therapy

- ✓ Be positive about therapy—avoid making it a punishment
- ✓ Attend sessions consistently
- ✓ Be patient—change takes time
- ✓ Practice strategies at home
- ✓ Celebrate small wins
- ✓ Keep communication open with the therapist
- ✓ Take care of your own wellbeing too



We're here to help. Together, we can support your child to thrive.

BeeMe Therapy - Mobile, community-based mental health support for children, young people, and families



Dexter Whitehead
Founder/Therapist



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