











Digital Mental Health Resources for New and Expecting Parents



HOW CAN DIGITAL MENTAL HEALTH HELP?

Taking care of yourself while parenting during the early years also benefits the wellbeing and emotional adjustment of your baby. While you may be time-poor and lacking a routine, digital mental health services can offer information and support when you need it.

Digital mental health services are programs, tools or applications delivered online or over the phone. These are designed to help Australians of all ages with mild to moderate mental health symptoms. Some services can be used in crisis or as an 'in-the-moment' coping tool, while others are designed as full treatment interventions, with modules to complete over weeks or months. They may be self-driven or practitioner guided and can be used alone or in combination with face-to-face therapy.

Scan to download a free PDF version from the eMHPrac Website



DIGITAL MENTAL HEALTH CAN HELP YOU:

For Parents

- Cope with low moods, anxiety, or everyday stress.
- Manage your changing roles, relationships, and identity.
- Access mental health support specifically developed for fathers.
- Cut back or quit smoking, drugs, and/or alcohol.

Also see A Brief Guide to Digital Mental Health Programs and Resources Brochure

Parenting Tools

- Building confidence in coping with pregnancy, the birth, and parenting.
- Find parenting tips to assist you in caring for your
- Learn how to work together with your partner as parents.

Crisis Support



Suicide Call Back Service

Natioinal 24/7 professional telephone and online counselling for anyone affected by suicide. suicidecallbackservice.org.au 1300 659 467 (24hrs)



Telephone, online and email counselling for people going through a tough time. 1300 224 636 (24hrs)



Lifeline

24/7 phone counselling, and online crisis support chat available each evening. 13 11 14

1800RESPECT

1800 737 732 (24hrs)

Phone and online counselling for people seeking help for themselves or someone else in domestic violence situations. 1800respect.org.au















Digital Mental Health Gateway

Head to Health

Head to Health

A website that links Australians to online and phone mental health services, information and resources.

headtohealth.gov.au

Phone Supports

Pregnancy, Birth and Baby

Information website, phone or video chat with a maternal child health nurse for personal advice and guidance on pregnancy, birth, being a parent and raising a child.

pregnancybirthbaby.org.au 1800 882 436



Australian

Association

Breastfeeding

pregnancybirth&baby

Mensline Australia

Advice, therapy and support for men with family and relationship concerns.

mensline.org.au 1300 78 99 78

Australian Breastfeeding Association:

Breastfeeding Helpline

Breastfeeding support, information and email counselling. breastfeeding.asn.au 1300 072 637

Sands



Miscarriage, stillbirth and newborn death support website, email, live chat, Facebook groups and

sands.org.au 1300 072 637

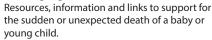
PANDA



Resources, online forum and national helpline providing emotional supports for new and expecting parents.

panda.org.au 1300 726 306

Guiding Light



rednosegriefandloss.org.au 1300 308 307

Information Sites



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Beyond Blue: Pregnancy and New Parents

Information, mental health checklists and personal stories of depression and anxiety. healthyfamilies.beyondblue.org.au/pregnancy-and-new-parents

COPE



Information for expectant and new parents, with links on where to get support. cope.org.au

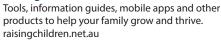
MumSpace



A 'one stop shop' for the mental health of new mums, including information, free resources and access to a range of online mental health treatmemt programs.

mumspace.com.au

Raising Children Network





raisingchildren.net.au

Direct Advice for Dads (DADs)

Articles and tips by dads for dads. directadvicefordads.com.au

Apps

MUM

MumSpace: MindMum

An app that gives information, tips, monitoring and planning tools to help pregnant women and new mothers.

mumspace.com.au

MUM

MumSpace: What Were We Thinking?

Week-by-week information on essential topics to help mums and dads adjust to the first six months of a life with a baby. mumspace.com.au

Smiling Mind



Includes "Mind the Bump" mindfulness meditation program to help individuals and couples support their mental and emotional wellbeing in preparation for having a baby and becoming a new parent.

http://www.smilingmind.com.au



Deadly Tots

Information for every Aboriginal family of 0 to 5 year olds to help their Bub learn and grow. deadlytots.com.au

MoodMission



App based on cognitive behavioural therapy designed to help individuals overcome low moods and anxiety by discovering new ways of coping.

http://www.moodmission.com/

Self-Guided Programs

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MumSpace: MindMum

Online, self-guided CBT program for anxiety and depression during pregnancy and/or the postnatal period. Own clinical assisted option

https://thiswayup.org.au/programs/perinatal -mental-health-programs/



MumSpace: BabySteps

Free online program that aims to enhance the wellbeing of new mums and dads. mumspace.com.au





Online CBT treatment for pregnant women and new mothers who are experiencing depression or anxiety with SMS support. mumspace.com.au

QuitCoach



Online program that delivers personalised feedback and smoking cessation advice. http://www.guitcoach.org.au

Therapist Assisted Programs

MindSpot

MindSpot

Free online mental health clinic for Australian adults who are experiencing difficulties with anxiety, stress, depression and low mood. mindspot.org.au

1800 61 44 34



Mental Health Online

Free online programs for a range of issues, with self-guided or therapist support options. mentalhealthonline.org.au

New Access



Assessment and up to six face-to-face or phone sessions with a NewAccess coach to help tackle everyday pressures.

beyondblue.org.ay/get-support/newaccess









