

Digital Mental Health 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.
- Learn when to seek further mental health support.

Parenting Tools

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

Crisis Support



Suicide Call Back Service

Suicide Call Back Service

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



Beyond Blue

Beyond Blue Support Service

Telephone, online and email counselling for people going through a tough time.
beyondblue.org.au/get-support
1300 224 636 (24hrs)



13YARN

Australia's first Indigenous-led crisis helpline providing 24/7 telephone support for Aboriginal and Torres Strait Islander people.
13yarn.org.au
13 92 76 (24hrs)



Lifeline

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



1800RESPECT
NATIONAL SEXUAL ASSAULT, DOMESTIC
FAMILY VIOLENCE COUNSELLING SERVICE

1800RESPECT

Phone and online counselling for people seeking help for themselves or someone else in domestic violence situations.
1800respect.org.au
1800 737 732 (24hrs)



Brother to Brother Crisis Line

Phone support for Aboriginal men who need to talk to someone or are struggling to cope.
dardimunwurro.com.au/brother-to-brother/
1800 435 799

This resource sheet is designed for mental health professionals to use, whether as a resource to share with clients or as a reference guide. Others are welcome to use or share this resource for general information purposes only and within the scope of their professional role.

National Mental Health Website

HEAD TO HEALTH

Head to Health

A website that links Australians to free or low-cost online and phone mental health services.
headtohealth.gov.au

Phone Services



PANDA

Resources, online forum, mental health checklists and national helpline providing emotional supports for new and expecting parents.
panda.org.au
1300 726 306



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.
pregnancybirthandbaby.org.au
1800 882 436



Mensline Australia

Advice, therapy and support for men with family and relationship concerns.
mensline.org.au
1300 78 99 78



Sands

Miscarriage, stillbirth and newborn death support website, email, live chat, Facebook groups and phone line.
sands.org.au
1300 072 637



Guiding Light

Resources, information and links to support for the sudden or unexpected death of a baby or young child.
rednosegriefandloss.org.au
1300 308 307

Information Sites



Healthy Families

Information, mental health checklists, peer-support forums and personal stories of depression and anxiety, including tips and advice for dads.
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



Raising Children Network

Tools, information guides, mobile apps and other products to help your family grow and thrive.
raisingchildren.net.au



Direct Advice for Dads (DADs)

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



ReachOut

Information and support for teens and young adults, including peer-support forums and where to get further mental health support.
au.reachout.com/

Apps



MumSpace: MindMum

An app and online program that gives information, tips, monitoring and planning tools to help pregnant women and new mothers cope with emotional challenges.
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.
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.
www.moodmission.com/



Child360

An app for parents supporting their children's social and emotional wellbeing and resilience.
emergingminds.com.au/resources/child360-app/



Online Programs

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 treatment programs including BabySteps, MumMoodBooster and Mum2BmoodBooster.
mumspace.com.au



THIS WAY UP

Self-guided online programs and coping tips for a range of mental health concerns, including 3-lesson pregnancy and postnatal programs for new mums.
thiswayup.org.au/programs/perinatal-mental-health-programs/



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.au/get-support/newaccess