









Digital Mental Health Resources for Parents



HOW CAN DIGITAL MENTAL HEALTH HELP?

Children do not come with a manual. Parents and caregivers often struggle with how to best manage difficult behaviour or mental health problems in their children and adolescents.

Digital Mental Health services (programs or applications delivered online or over the phone) can offer parenting strategies and advice, information on ways to keep your family safe and ways to support your child's mental health.

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

- Improve your mental health.
- · Cope with specific issues and everyday stress.
- Model healthy relationships.
- Model a healthy relationship with drugs and alcohol.

Also see A Brief Guide to Digital Mental Health Resources Brochure

Parenting Tools

- Develop a positive parent-child relationship.
- Enforce healthy limits.
- · Reward positive behaviour.
- Keep your child safe from bullying and unhealthy relationships.
- Keep your child safe online and with drugs and alcohol.
- Understand your child's emotional needs.
- Develop healthy ways to talk about behaviour and emotions.

For Your Child

- Learn what is typical for your child's age and when to seek professional support.
- Find self-help tools that your child can use to improve their wellbeing.
- Access tools to support your child at home.

Also see Guide to Digital Mental Health Programs and Resources for Young People

Crisis Support



evond

Kids Helpline

1800 55 1800 (24hrs)

1300 224 636 (24hrs)

Beyond Blue Support Service

https://www.beyondblue.org.au/

people going through a tough time.

Phone and real time web-based crisis support for youth (5-25 yrs) and information website for parents. https://kidshelpline.com.au/

Telephone, online and email counselling for

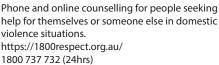
⊗Lifeli∩e



Lifeline

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

1800RESPECT



in

www.emhprac.org.au







parent coaching to help parents and carers

Prevention, intervention, and treatment of

8-12), teen (12-17), and parent components.

Practical, evidence-based guidelines on how

https://www.parentingstrategies.net/

Triple P: Positive Parenting Program

parents can support their child's wellbeing, in-

cluding reducing risk of depression and anxiety,

Online eight module course providing a toolbox

of parenting strategies for children up to the age

https://www.triplep-parenting.net.au/qld-en/

A program for parents of shy or anxious children

(3-6yrs) that helps build parents' knowledge and

practical skills to increase their child's confidence.

Professional counselling and support for parents and carers offering phone, email and webchat.

Online counselling is also available in some

QLD & NT: parentline.com.au 1300 30 1300

VIC: education.vic.gov.au/about/contact/Pag-

NSW: parentline.org.au 1300 1300 52

SA: parenting.sa.gov.au 1300 364 100

WA: (08) 6289 1200 or 1800 654 432 ACT: parentlineact.org.au (02) 6287 3833

Family Relationship Advice Line

service that helps families affected by

https://www.familyrelationships.gov.au/

relationship or separation issues.

National telephone inforrmation and referral

Advice, therapy and support for men with family

Text-based or phone counselling 24/7 for people

concerned about their own or another's drug or

es?parentline.aspx 13 22 89

addressing school refusal, and preventing alcohol

anxiety in young people. Includes child (3-7 and

https://parents.au.reachout.com/

https://brave4you.psy.uq.edu.au/

support the 12 to 18 year olds in their family.

Online Programs

The BRAVE Program

Parenting Strategies

Cool Little Kids Online

Phone Supports

Parentline

states/territories.

TAS: 1300 808 178

1800 050 321

1300 78 99 78

alcohol use.

Mensline Australia

and relationship concerns.

https://mensline.org.au/

Counselling Online

https://coollittlekids.org.au/login

misuse.

of 16.

triple-p/

Digital Mental Health Gateway

Head to Health

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

https://www.headtohealth.gov.au/

headspace

eSafetyCommissioner

raisingchildren.net.au

Head to Health

Information Sites Healthy Families

Information and moderated forums for parents, guardians and other adults to support the young people in their life while taking care of their own mental health and wellbeing.

https://healthyfamilies.beyondblue.org.au/ Headspace

A range of information sheets on issues faced by children and young people and how best to support them.

https://headspace.org.au/explore-topics/ supporting-a-young-person/mental-ill-health/

eSafety Parents

Webinars, advice and resources for keeping children and teens safe online. https://www.esafety.gov.au/parents

Raising Children Network

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

https://raisingchildren.net.au/

Deadly Tots

Deadly parenting resources for Indigenous families.

deadlytots.com.au/Resources



Positive Choices

Videos, apps and resources for parents on adolescent drug and alcohol use. https://positivechoices.org.au/parents/



Information, resources and activities for bullying education and prevention. https://bullyingnoway.gov.au/

Apps

ReachOut WorryTime

An app to help control everyday stress and anxiety by giving you a place to store worries, and alerting you when it's time to think about them. au.reachout.com/tools-and-apps/reachoutworrytime



Daisy

App connecting people experiencing violence or abuse to services in their local area. www.1800respect.org.au/daisy/

Smiling Mind

A website and app teaching Mindfulness Meditation to young people and adults. smilingmind.com.au/



Mood Mission

An app based on cognitive behavioural therapy designed to help individuals overcome low moods and anxiety by discovering new and better ways of coping. www.moodmission.com/

ReachOut Parents Information, discussion forums, resources and

























https://www.counsellingonline.org.au/ **Butterfly Foundation**

National eating disorders helpline. https://butterfly.org.au/ 1800 33 4673

*DISCLAIMER

The information provided throughout this guide is intended for information purposes only. Whilst many of the services and resources in this guide are government funded, health practitioners should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it or refer a user to it. The services and resources listed in this guide are not exhaustive and represent primarily Australian products.



www.emhprac.org.au

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