

# A Brief Guide: 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.



## 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



### Kids Helpline

Phone and real time web-based crisis support for youth (5-25 yrs) and information website for parents.  
kidshelpline.com.au  
1800 55 1800 (24hrs)



### Beyond Blue Support Service

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

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

## 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](http://headtohealth.gov.au)

## 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.  
[healthyfamilies.beyondblue.org.au/](http://healthyfamilies.beyondblue.org.au/)

### Headspace

A range of information sheets on issues faced by children and young people and how best to support them.  
[headspace.org.au/friends-and-family/](http://headspace.org.au/friends-and-family/)

### eSafety Parents

Webinars, advice and resources for keeping children and teens safe online.  
[esafety.gov.au/parents](http://esafety.gov.au/parents)

### Raising Children Network

Tools, information guides, mobile apps and other products to help your family grow and thrive together.  
[raisingchildren.net.au](http://raisingchildren.net.au)

### Deadly Tots

Deadly parenting resources for Indigenous families.  
[deadlytots.com.au/Resources](http://deadlytots.com.au/Resources)

### Positive Choices

Videos, apps and resources for parents on adolescent drug and alcohol use.  
[positivechoices.org.au/parents/](http://positivechoices.org.au/parents/)

### Bullying. No Way!

Information, resources and activities for bullying education and prevention.  
[bullyingnoway.gov.au](http://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/reachout-worrytime](http://au.reachout.com/tools-and-apps/reachout-worrytime)

### Daisy

App connecting people experiencing violence or abuse to services in their local area.  
[www.1800respect.org.au/daisy/](http://www.1800respect.org.au/daisy/)

### Smiling Mind

A website and app teaching Mindfulness Meditation to young people and adults.  
[smilingmind.com.au/](http://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/](http://www.moodmission.com/)

## Online Programs

### Parent Works

Online program for caregivers of children aged 2 to 16. It provides evidence-based parenting strategies.  
[parentworks.org.au](http://parentworks.org.au)

### ReachOut Parents

Information, discussion forums, resources and parent coaching to help parents and carers support the 12 to 18 year olds in their family.  
[parents.au.reachout.com/](http://parents.au.reachout.com/)

### The BRAVE Program

Prevention, intervention, and treatment of anxiety in young people. Includes child (3-7 and 8-12), teen (12-17), and parent components.  
[brave4you.psy.uq.edu.au](http://brave4you.psy.uq.edu.au)

### Parenting Strategies: Preventing Adolescent Alcohol Misuse

An online program providing strategies to help parents protect their children from alcohol problems.  
[positivechoices.org.au/teachers/parenting-strategies-alcohol](http://positivechoices.org.au/teachers/parenting-strategies-alcohol)

### Triple P: Positive Parenting Program

Online eight module course providing a toolbox of parenting strategies for children up to the age of 16.  
[triplep-parenting.net.au/qld-ukn/find-help/triple-p-online](http://triplep-parenting.net.au/qld-ukn/find-help/triple-p-online)

### Cool Little Kids Online

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.  
[coollittlekids.org.au/login](http://coollittlekids.org.au/login)

## Phone Supports

### Parentline

Professional counselling and support for parents and carers offering phone, email and webchat. Online counselling is also available in some states/territories.

QLD & NT: [parentline.com.au](http://parentline.com.au) 1300 30 1300  
NSW: [parentline.org.au](http://parentline.org.au) 1300 1300 52  
VIC: [education.vic.gov.au/about/contact/Pages?parentline.aspx](http://education.vic.gov.au/about/contact/Pages?parentline.aspx) 13 22 89  
SA: [parenting.sa.gov.au](http://parenting.sa.gov.au) 1300 364 100  
WA: (08) 6289 1200 or 1800 654 432  
ACT: [parentlineact.org.au](http://parentlineact.org.au) (02) 6287 3833  
TAS: 1300 808 178

### Family Relationship Advice Line

National telephone information and referral service that helps families affected by relationship or separation issues.  
[familyrelationships.gov.au](http://familyrelationships.gov.au) 1800 050 321

### Mensline Australia

Advice, therapy and support for men with family and relationship concerns.  
[mensline.org.au](http://mensline.org.au) 1300 78 99 78

### Counselling Online

Text-based or phone counselling 24/7 for people concerned about their own or another's drug or alcohol use.  
[counsellingonline.org.au](http://counsellingonline.org.au) 1800 888 236

### Butterfly Foundation

National eating disorders helpline.  
[thebutterflyfoundation.org.au](http://thebutterflyfoundation.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.