

A Brief Guide: 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.



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

- Build 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

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

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.
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



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 phone line.
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

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



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 treatment programs.
mumspace.com.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

Apps



MumSpace: MindMum

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



MumSpace: What Were We Thinking?

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



Quit for You - Quit for Two

App providing support for pregnant women, or those planning pregnancy, to give up smoking.
http://itunes.apple.com/au/app/quit-for-you-quit-for-two/id49772042



ReachOut Breathe

An app to help reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile phone or Apple Watch.
http://itunes.apple.com/app/apple-store/id985891649?mt=8



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



This Way Up: Pregnancy and Postnatal Courses

Two short, self-guided CBT courses for anxiety and depression during pregnancy and/or the postnatal period. Clinician can 'supervise'.
thiswayup.org.au/courses/perinatal-mental-health-courses/



MumSpace: BabySteps

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



MumSpace: MumMoodBooster and Mum2BMoodBooster

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

Therapist Assisted 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