

## Information

Learn more about what is going on and what getting better looks like.



### Raising Children Network

Guidance for parents and caregivers to help families grow and thrive together.

### Emerging Minds.

### Emerging Minds Families

Information on child mental health for parents and caregivers of infants to teens.

## Crisis Counselling

Support for when you need help now.

Please call "000" if your life or someone else's life is in danger.



### Kids Helpline

☎ 1800 55 1800 (24/7)

Webchat and phone counselling and information service for young people (5-25yrs).



### Lifeline

☎ 13 11 14 (24/7)

Phone, SMS and webchat counselling and information for people experiencing emotional distress and thoughts of suicide.



### Suicide Call Back Service

☎ 1300 659 467 (24/7)

Counselling for people in Australia who are feeling suicidal or affected by suicide available via webchat (15yrs+), telephone (15yrs+) and video call (18yrs+).



### 13YARN

☎ 13 92 76 (24/7)

Callers who are feeling worried or no good can have a confidential yarn to an Aboriginal and Torres Strait Islander crisis supporter over the phone.



### 1800RESPECT

☎ 1800 737 732 (24/7)

Phone, video, SMS and webchat counselling for anyone who has experienced or is at risk of experiencing domestic, family, or sexual violence.

## Digital Mental Health

Digital mental health resources are online programs, tools, apps, phone lines and video services that deliver mental health support. They can be used alone or with support from your child's GP or mental health professional.

These resources are based on research evidence, free or low cost, and easy to access at a time that suits you, with just a phone or an internet connection. Some services even allow you to remain anonymous.

If you are unsure what type of support your child needs or find that they need a bit more help, they might need a professional assessment to work out why they are feeling this way. Your child's GP, mental health professional or Aboriginal and Torres Strait Islander worker is a great place to start.

### Medicare Mental Health



Connecting all Australians to mental health support.

### WellMob



Digital social, emotional and cultural wellbeing resources for Aboriginal and Torres Strait Islander People.

*This brief guide provides a list of digital mental health resources suitable for children and their parents and caregivers. This list is not exhaustive and represents only Australian products. For other relevant resources see Medicare Mental Health.*

*This guide is for general information purposes only and is not a substitute for professional mental health advice. For more information on mental health assessment or treatment, visit your GP or other mental health professional.*

*This brochure is not to be used for commercial purposes.*



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[www.emhprac.org.au](http://www.emhprac.org.au)



# eMHprac

E-MENTAL HEALTH IN PRACTICE

## Digital Mental Health Resources for Children (up to 11yrs) and their Parents and Caregivers



Download from the eMHPrac website

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## Psychological Intervention

A psychology-based program or service for a mental health issue.



### The Brave Program

Self-guided programs to help children and teenagers (3-17yrs) better cope with their worries, with optional parent or caregiver components.



### Momentum

Tailored self-guided online intervention programs for young people (7-17yrs) to manage feelings of anxiety and unhappiness. Parent registration is required for young people under 16.



### Cool Little Kids Online

\$180

A self-guided online program for parents or caregivers of shy or anxious children (3-6yrs).



### Family Man

Self-guided, online parenting program to teach dads simple and effective strategies to help their child's behaviour.



### Parenting Strategies

Practical guidelines for parents and caregivers to support their child or teen's emotional resilience and their wellbeing through depression, anxiety, school refusal, and alcohol misuse issues.



### ParentWorks

A 5 to 8 module, self-directed online program arming parents and caregivers of children and teenagers (2-17yrs) with skills to respond to their child's behaviour.



### Triple P Online

Online CBT parenting programs supporting child development and family wellbeing from babies to teens, with courses for parents of children with anxiety and families navigating divorce.

## Screening and Referral

Learn more about what is going on and what getting better looks like.



### Inside Out Institute for Eating Disorders

Online self-assessment, information, and referral to face-to-face services for eating disorders for adults (16yrs+).

## Symptom Management and Wellbeing Tools

Tools to help cope with mental health symptoms or improve mental wellbeing.



### Birdie's Tree (Children's Health QLD)

Online storybooks and interactive games to help young children up to school age (0-6yrs and older) and their families grow through natural disasters and disruptive events.



### The Allen Adventure

An app teaching children (up to 8yrs) about important social skills to improve their relationships with peers.



### Family Connect

Brief online tool teaching practical communication skills for children and their parents and caregivers to foster good mental health.



### Feed Your Instinct

Interactive checklist providing practical tips and guidance for parents and caregivers of children and young people experiencing eating and/or body image problems.



### The Shared Table

An online meal support training program for support people of loved ones with an eating disorder. Does not replace advice from a treatment team.



### Smiling Mind

Website and app teaching mental fitness skills, including mindfulness meditation, to help people of all ages and stages thrive.



### Stress Less Tips

Tips to help support mental health and wellbeing by decreasing stress.

## Counselling

Support for when you need help.



### Butterfly Foundation

1800 33 4673 (8am-12am)  
Information, self-assessment (14yrs+), webchat and phone counselling, peer support (16yrs+) and recovery programs (16yrs+) for individuals worried about eating disorders and body image issues and their support people.



### EDFA Fill the Gap

Video call counselling for adult support people and young supporters (10-17 yrs) of people with an eating disorder. Not for someone experiencing their own eating concerns.

## Peer Support

Connect with others who have been in the same position.



### ReachOut Parents

Information website and peer support service offering online chats with trained peer workers, resources, and personalised guidance for young people seeking support to improve wellbeing.



### Beyond Blue

1300 22 4636 (24/7)  
Information, phone and webchat counselling, and peer support forums for people going through a tough time. Not a crisis service.

## Aboriginal and Torres Strait Islander People

Resources to support connection to Country, culture, spirituality, family and community.



### Dreamy

Sleep stories from First Nations storytellers to help with sleep difficulties.



### Yarning Safe'n' Strong

1800 959 563 (24/7)  
A service for Aboriginal and Torres Strait Islander People providing a safe space to yarn with someone about wellbeing, including financial wellbeing and drug and alcohol issues.