

# Digital Mental Health for Parenting Strategies For Parents and Caregivers of Infant to Adult Children

## What is digital mental health?

Digital mental health allows you to access mental health tools and support using your phone or the internet. This includes online programs, forums, and mobile phone apps, as well as support over the phone, webchat or video call. These resources are free or low cost, easy to access, and research has shown that people find them helpful.

### Psychological Intervention

*A structured, interactive program or service that helps with a particular mental health concern.*



#### Partners in Parenting: Education (PiP-Ed)

Self-guided program for parents and caregivers of teens (12-18 yrs) experiencing school refusal due to depression and/or anxiety. Not recommended as the only source of support.



#### 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.



#### The BRAVE Program

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



#### Cool Little Kids Online

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

\$180

### Peer Support

*Connect with others who have been in the same position.  
Peer support services do not offer crisis support.*



#### ReachOut Parents

Information website and peer support service offering online chats with trained peer workers, resources, and personalised guidance for young people (16-25yrs) seeking support to improve wellbeing. Not a crisis service.

### Symptom Management and Wellbeing Tools

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



#### Partners in Parenting PLUS (PiP+)

A practical parenting program to help raise teenagers (12-17yrs) with confidence and support their resilience. Recommended for use alongside other support for teens experiencing depression or anxiety.



#### Family Connect

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



#### You Are Not Alone

A website providing information for people (18yrs+) supporting someone who has suicidal thoughts or who has attempted suicide. Not a crisis service.



#### 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.



#### Family and Friends Support Program

Self-guided online wellbeing programs or apps for adults (18yrs+) supporting someone; using alcohol and/or other drugs, ice, and/or living in a rural/remote location. Additional program for adults experiencing domestic and family violence or supporting someone who is.



#### Family Man

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

### 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 Families

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

Follow-up plan:

*This referral sheet is designed for healthcare professionals to use as a reference guide or as a resource to share with clients or patients. Other professionals are welcome to use or share this resource for general information purposes only and within the scope of their professional role.*