











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.

Scan to download a free PDF version from the eMHPrac Website





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.
- Learn when to seek further mental health support.

Parenting Tools

- Building 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)



Telephone, online and email counselling for people going through a tough time. beyondblue.org.au/get-support 1300 224 636 (24hrs)

13YARN

Australia's first Indigenous-led crisis helpline providing 24/7 telephone support for Aboriginal and Torres Strait Islander people. 13yarn.org.au 13 92 76 (24hrs)



Lifeline

24/7 phone counselling, and online crisis support chat available each evening. *lifeline.org.au*

13 11 14



1800RESPECT

Phone and online counselling for people seeking help for themselves or someone else in domestic violence situations.

1800respect.ora.au

1800 737 732 (24hrs)



Phone support for Aboriginal men who need to talk to someone or are struggling to cope. dardimunwurro.com.au/brother-to-brother/
1800 435 799

















Digital Mental Health Gateway



Head to Health

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

headtohealth.gov.au

Phone Services



Resources, online forum, mental health checklists and national helpline providing emotional supports for new and expecting parents. panda.org.au

1300 726 306



pregnancybirth&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.

pregnancybirthbaby.org.au 1800 882 436

Pregnancy, Birth and Baby

MensLine

Mensline Australia

Advice, therapy and support for men with family and relationship concerns.

mensline.org.au

1300 78 99 78



Sands

Miscarriage, stillbirth and newborn death support website, email, live chat, Facebook groups and phone line.

sands.org.au

1300 072 637

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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



Healthy Families

Information, mental health checklists, peersupport forums and personal stories of depression and anxiety, including tips and advice for dads.

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





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

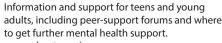


REACHOUT

Direct Advice for Dads (DADs)

Articles and tips by dads for dads. directadvicefordads.com.au

ReachOut



au.reachout.com/

Apps

MumSpace: MindMum

An app and online program that gives information, tips, monitoring and planning tools to help pregnant women and new mothers cope with emotional challenges. mumspace.com.au



MumSpace: What Were We Thinking?

An app and online program providing weekby-week information on essential topics to help mums and dads adjust to the first six months of life with a baby.

mumspace.com.au

Smiling Mind



Includes "Mind the Bump" mindfulness meditation program to help individuals and couples support their mental and emotional wellbeing in preparation for having a baby and becoming a new parent. www.smilingmind.com.au



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

www.moodmission.com/



Child360

An app for parents supporting their children's social and emotional wellbeing and resilience. emergingminds.com.au/resources/child360-app/

Online Programs



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

THIS WAY UP



Self-guided online programs and coping tips for a range of mental health concerns, including 3-lesson pregnancy and postnatal programs for new mums.

thiswayup.org.au/programs/perinatal-mental -health-programs/



NewAccess

MindSpot

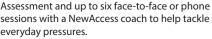
Free online mental health clinic for Australian adults who are experiencing difficulties with anxiety, stress, depression and low mood. mindspot.org.au 1800 61 44 34

mentalhealthonline

Mental Health Online

Free online programs for a range of issues, with self-guided or therapist support options. mentalhealthonline.org.au





beyondblue.org.au/get-support/newaccess













