

Digital Mental Health 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.

Scan to download a free PDF version from the eMHPrac Website



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

☎ 1800 55 1800 (24/7)
Online and phone counselling and information service for young people (5-25yrs).



Lifeline

☎ 13 11 14 (24/7)
Phone, text and online counselling and information for people experiencing emotional distress and thoughts of suicide.



Beyond Blue

☎ 1300 22 4636 (24/7)
Information, phone and web-counselling, and peer support forums for people going through a tough time.



1800RESPECT

☎ 1800 737 732 (24/7)
Phone, video, SMS and webchat counselling for anyone who has experienced, or is at risk of, domestic, family, or sexual violence.

This resource sheet is designed for mental health professionals to use, whether as a resource to share with clients or as a reference guide. Others are welcome to use or share this resource for general information purposes only and within the scope of their professional role.

Head to Health

HEAD TO HEALTH

Connecting all Australians to mental health support.

Information



Beyond Blue

Information, phone and web-counselling, and peer support forums for people going through a tough time.



headspace

Information, tools, and phone and online support for young people (12-25yrs) and their parents and caregivers, with mental health and alcohol and drug use issues.



Raising Children Network

Guidance for families, parents and caregivers to grow and thrive together. Available as Raising Healthy Minds app.



Positive Choices

A portal connecting parents, caregivers and school communities to education resources and information on youth alcohol and other drug use.



Alcohol and Drug Foundation

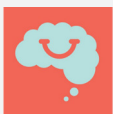
Advice on talking about drug and alcohol use, strategies to reduce risk, and information on the effects of alcohol and different drugs.

Symptom Management and Wellbeing Tools



ReachOut WorryTime

An app to help manage anxiety and stress by setting aside time to address worries every day.



Smiling Mind

Website and app teaching mindfulness meditation to young people and adults to improve mental wellbeing.



Mood Mission

\$7.99

An app for older adolescents or adults to learn new strategies to cope with stress, low moods, and anxiety.



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.



Carer Training Program

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.

Psychological Treatment



The BRAVE Program

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



Parenting Strategies

Practical guidelines for parents and caregivers to help reduce the risk of their child developing depression, anxiety, school refusal, and alcohol misuse issues.



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.



Cool Little Kids Online

\$180

A self-guided online program for parents or caregivers of shy or anxious children (3-6yrs). Registration costs \$180.



Family Man

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



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.



Partners in Parenting PLUS (PiP+)

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

Counselling



Butterfly Foundation

1800 33 4673

Information, self-assessment, online, video and phone counselling, peer support and recovery programs for individuals worried about eating disorders and body image issues and their support people.

Peer Support



ReachOut Parents

Information, online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.



Parents Beyond Breakup Helpline

1300 853 437 (9am-4pm)

A service connecting parents or caregivers experiencing trauma related to family breakdown to a network of peer support groups or a volunteer.