

## Counselling

Support for when you need help.

### Butterfly Foundation

☎ 1800 33 4673 (24/7)



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.

## 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)



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.

### Suicide Call Back Service

☎ 1300 659 467 (24/7)



Online, telephone and video counselling for people (15yrs+) in Australia who are feeling suicidal or affected by suicide.

### 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.

### Head to Health

HEAD TO 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 Head to 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.*



# eMHprac

E-MENTAL HEALTH IN PRACTICE

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



eMHPrac is funded by the Australian Government

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

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## Psychological Treatment

A psychology-based program 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 treatment programs for young people (7-17yrs) to manage feelings of anxiety and unhappiness. Parent registration 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 (3-6 yrs). Registration costs \$180.



### 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.

## Information

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



### Raising Children Network

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

## 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 and their families grow through natural disasters and disruptive events.



### The Allen Adventure

An app teaching children under 8 years 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.



### While I'm Away

An app to help parents and caregivers support their child's mental health and wellbeing while being cared for by someone else.



### 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.



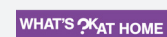
### Smiling Mind

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



### Stress Less Tips

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



### What's OK at Home? (WOAH)

A website to help young people (10-17yrs) and their adult allies affected by family violence recognise it and seek help.

## Peer Support

Connect with others who have been in the same position.



### ReachOut Parents

Information, online forums and individual webchat with a peer worker for parents and caregivers of young people seeking support to improve their child's wellbeing.



### Beyond Blue

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



### Parenting Through Cancer

Advice, counselling, and peer support for parents dealing with their own or a family member's cancer diagnosis.



### 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.

## 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.

## 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.