

Mental Wellbeing for Parents, Teachers and Carers

August 2020



Useful resources for Teachers, Carers and Parents

ReachOut	Tailored practical resources for carers, parents and teachers to help them support young people.	https://parents.au.reachout.com/ and https://schools.au.reachout.com/
Black Dog Institute	Evidence-informed school resources, presentations and programs.	https://www.blackdoginstitute.org.au/education-services/schools/
Emerging Minds	Online education resources for professionals who work with children and families to help them identify, assess and support children (0-12 years) at risk of mental health difficulties.	https://emergingminds.com.au/
The Brave Program	A free online psychological program for the treatment of childhood and adolescent anxiety with resources for parents and children.	https://brave4you.psy.uq.edu.au/
Being Supported	Mental health support line staffed by qualified peer workers who have a personal lived experience of mental health issues. The line is operating seven days a week from 10:00 am to 4:00pm and then from 6:00pm to 10:00pm.	1800 151 151
Mental Health Carers	Has a range of supports for carers of people with a mental illness.	https://www.mentalhealthcarersnsw.org/
Raising Children	Resources to help families grow and thrive together	raisingchildren.net.au/guides/coronavirus-covid-19-guide
Mensline	Resources, phone and online counselling for men and focus on fathers	mensline.org.au
PANDA	Resources and help for new parents	www.panda.org.au
Mum Mood Booster	Online interactive treatment sessions	mummoodbooster.com/public
COPE	Online Resources for new parents and families	www.cope.org.au/new-parents
This Way Up	Online courses to improve mental health generally	thiswayup.org.au
Australian Psychological Society	Tips for coping with coronavirus anxiety (APS factsheet)	www.psychology.org.au/COVID-19-Australians
Sleep Health Foundation	Factsheets on sleep in times of COVID19 and for children's sleep	www.sleephealthfoundation.org.au/fact-sheets.html