

SAFEMinds.

SCHOOLS AND FAMILIES ENHANCING MINDS

“A sense of connectedness to families and schools is the most significant protective factor for young people.”

(Resnick et al. *Protecting Adolescents From Harm*, 1997)

SAFEMINDS: AT HOME

SAFEMinds is a partnership between:



Better Health Channel betterhealth.vic.gov.au

Children of Parents with Mental Illness copmi.net.au



From Harm to Calm nilumbikhealth.org.au/from-harm-to-calm

headspace and eheadspace headspace.org.au
eheadspace.org.au



Head to Health <https://headtohealth.gov.au/>

Kids Helpline - 1800 55 1800 kidshelp.com.au



Mental Health First Aid mhfa.com.au

Parenting Strategies: Preventing Depression and Anxiety parentingstrategies.net



Parentline Victoria

Contact Us > Contact List > Parentline Victoria

13 22 89 - 8am to midnight 7 days a week

Parentline Victoria – 13 22 89 education.vic.gov.au/about/Pages/parentline.aspx

Raising Children Network raisingchildren.net.au



Reach Out au.reachout.com

Tuning into Kids tuningintokids.org.au



Youth *beyondblue* youthbeyondblue.com