

# Resources for family and friends

## headspace Group Chats

<https://headspace.org.au/eheadspace/group-chat/>

headspace hosts regular discussions for family and friends on a range of topics all relating to supporting young people. Transcripts from previous chats are also available!

## Eheadspace

<https://headspace.org.au/eheadspace/> 1800 650 890

Free online and telephone support and counselling with a qualified youth mental health professional, for young people and their families and friends.

## Tuning in to Teens Program

Parenting program that focuses on emotions and is designed to assist parents to establish stronger relationships with their young person.

The 6 week program is ran every term at headspace Mildura. Call 50212400 for more information or to register your interest.

## Child Mind Institute

<https://childmind.org/>

Helping parents through facing challenges and beyond

## Head to health

<https://headtohealth.gov.au/>

If you're trying to improve your own mental health or support someone else, provides links to trusted Australian online and phone supports, resources, and treatment options.

## Parentline

<https://parentline.com.au/> 13 22 89

Confidential and free phone counselling. Also provides advice, information and resources on parenting, and strategies for making meaningful change.

## Raising Children Network

<https://raisingchildren.net.au/teens>

An online resource for parents filled with tips and tools for raising both children and young people.

## Reachout

<https://parents.au.reachout.com/>

Free and confidential support via phone and online. Provides resources to help under 25s and their parents through tough times.

## Mensline

<https://mensline.org.au/>

Information and support for emotional health and relationship concerns

## Black dog Institute

<https://www.blackdoginstitute.org.au/>

Information on supporting someone with depression or bipolar disorder

## Parent Works

<https://parentworks.org.au/#/>

A free online program for Australian parents of children 2 to 16. It provides evidence-based parenting strategies to improve parenting skills, confidence and child behaviour.

## Relationships Australia

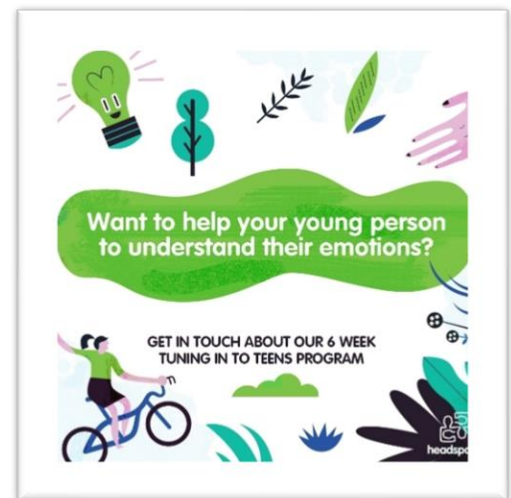
<https://www.relationshipsvictoria.com.au/services/>

A range of services to support children, young people and their families.

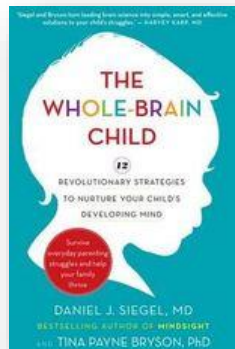
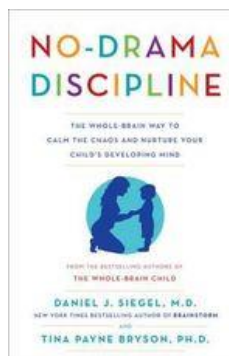
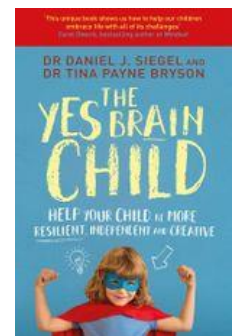
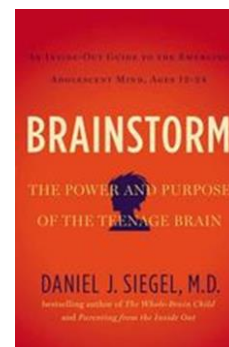
## Health Direct

<https://www.healthdirect.gov.au/> 1800 022 222

24 hr health advice



## Books to help understand young people



The **Family and Child Hub** provides a range of services to support local families to care for children. Services are available to parents, grandparents, family members or others who provide care to children. Contact the Family and Child Hub by phone, email or via Facebook messenger.

(03) 5021 7621

[familyhub@schs.com.au](mailto:familyhub@schs.com.au)

or follow them on Facebook @familvandchildhub

