



# RESOURCES FOR FAMILIES AND PARENTS RELATING TO MENTAL HEALTH

There are a wide range of support services that both you and your family can easily access online and in your local community to supplement the support you are receiving through your workers compensation claim\*. This fact-sheet contains locations where you can find additional information or services designed to support you. Many of these services are free or low cost. The important thing is to find the right support that works for you and your family.

**IF YOU NEED IMMEDIATE CRISIS ASSISTANCE.**

**DIAL 000**

One thing that can support your family and help them support you during your recovery is information that allows them to better understand your mental health condition and your symptoms. Children of different ages will observe and understand different things, and some of the resources below may help you with difficult conversations, building resilience or provide practical information to help you and your family.

Your health professionals and treatment team are also there to support you with any other concerns you or your family have.

\* PLEASE NOTE THAT THESE SUPPORTS OR SERVICES ARE NOT PROVIDED OR COMPENSABLE UNDER YOUR WORKERS COMPENSATION CLAIM. THESE ARE ADDITIONAL AND ALTERNATIVE OPTIONS THAT YOU AND YOUR SUPPORT NETWORK MAY BE ABLE TO ACCESS IN THE COMMUNITY, ONLINE AND THROUGH THE GOVERNMENT. PLEASE CONTACT THE ORGANISATION DIRECTLY TO CONFIRM ANY SPECIFIC ELIGIBILITY CRITERIA, WHAT SERVICES THEY OFFER AND WHAT THEIR PROCESS IS.

## Children of Parents with a Mental Illness

**W:**  
[copmi.net.au/parents/helping-my-child-and-family/talking-about-mental-illness](http://copmi.net.au/parents/helping-my-child-and-family/talking-about-mental-illness)

**Resources:**  
[copmi.net.au/find-resources/order-free-materials](http://copmi.net.au/find-resources/order-free-materials)

**Videos:**  
[copmi.net.au/parents/helping-my-child-and-family/talking-about-mental-illness/videos-depression-anxiety](http://copmi.net.au/parents/helping-my-child-and-family/talking-about-mental-illness/videos-depression-anxiety)

**Translated Materials:**  
[copmi.net.au/find-resources/translated-materials](http://copmi.net.au/find-resources/translated-materials)

It can be difficult to talk to children about mental illness. COPMI provide booklets, factsheets, videos and resources on their websites that can help.

## beyondblue

**W:**  
[beyondblue.org.au/who-does-it-affect/children](http://beyondblue.org.au/who-does-it-affect/children)

**Building resilience guide:**  
[beyondblue.org.au/who-does-it-affect/children/building-resilience-in-children-aged-0-12](http://beyondblue.org.au/who-does-it-affect/children/building-resilience-in-children-aged-0-12)

**Communicating with children:**  
[healthyfamilies.beyondblue.org.au/age-6-12/raising-resilient-children/developing-communication-skills](http://healthyfamilies.beyondblue.org.au/age-6-12/raising-resilient-children/developing-communication-skills)

beyondblue is working to raise community awareness about the mental health needs of children. Their website provides information on how mental health conditions present in children, a child mental health checklist and tips for building resilience in children.

## Kids Help Line

**T:** 1800 55 1800  
If your children need someone to talk to, Kids Helpline can help

**W:**  
[kidshelpline.com.au/parents/issues/how-parentline-can-help-you](http://kidshelpline.com.au/parents/issues/how-parentline-can-help-you)

Talking to a Parentline counsellor can help you navigate parenting challenges.



## Reach out

**W:**  
[parents.au.reachout.com](http://parents.au.reachout.com)

Reach out have information to help parents support their teenagers through everyday issues and tough times.

## Headspace

**W:**  
[headspace.org.au/young-people/](http://headspace.org.au/young-people/)

Headspace has helpful information for young people aged between 12-25 relating to general mental health, physical health and drugs & alcohol.

## KidsMatter

**W:**  
[kidsmatter.edu.au/families/resources/about-mental-health](http://kidsmatter.edu.au/families/resources/about-mental-health)

KidsMatter provides families with a range of information sheets to help them support children's mental health and wellbeing. They contain practical information, tips, and strategies across a range areas such as building better family relationships, children and hardship, knowing when to get help, decision making, managing anger, as well as information on specific mental health conditions. These were prepared by professionals experienced with children's mental health and development.

## NSW Health - Child and Adolescent Mental Health Service(CAMHS)

**W:**  
[health.nsw.gov.au/mentalhealth/pages/camhs.aspx](http://health.nsw.gov.au/mentalhealth/pages/camhs.aspx)

CAMHS provide various services in the local community to children, adolescents and their families. They support through a range of difficulties where these are impacting on mental health and emotional wellbeing.

## Raising Children

**W:**  
[raisingchildren.net.au/articles/parenting\\_with\\_a\\_mental\\_illness.html](http://raisingchildren.net.au/articles/parenting_with_a_mental_illness.html)

Raising children whilst managing mental health symptoms can be a challenge. There are professionals and support services out there that may be able to help. The first step is talking to your GP. More information can be found on the website below.