

Mental Health Resources for Families and Parents

There are a range of support services that you, your family and support networks may be able to access online and in your local community to supplement the support you are receiving through your workers compensation claim*. This fact-sheet can assist you to locate additional services which could help you in your recovery. Many of these services are free or low cost. The important thing is to find the right support that works for you.

If you need immediate crisis assistance.

DIAL 000

**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

Resources:

copmi.net.au/find-resources/

Translated Materials:

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.

Beyond Blue

W: beyondblue.org.au

Building resilience guide:

https://edge.sitecorecloud.io/beyond-blue1-beyondblue1-td-p69c-fe1e/media/Project/Sites/beyondblue/PDF/Resource-Library/Young-people/bl1810-building-resilience-in-children-aged-0-12-booklet_acc.pdf

Beyond Blue 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 Helpline

T: 1800 55 1800

If your children need someone to talk to, Kids Helpline can help

W: kidshelpline.com.au/

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

Youth Off The Streets

W: youthoffthestreets.com.au/get-support/

Youth Off The Streets offers support for young people with accommodation, mental health, managing substance abuse, life skills and personal growth, youth justice, cultural support, and education.

Headspace

W: headspace.org.au/

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

Salvation Army

W: salvationarmy.org.au/need-help/

The Salvation Army provides social services across a wide range of areas such as housing, family and domestic violence, homelessness, and youth services.

ReachOut

W: parents.au.reachout.com

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



Raising Children

W: <https://raisingchildren.net.au/grown-ups/family-diversity/parents-like-me/parenting-with-mental-illness>

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.

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

W: <https://www.seslhd.health.nsw.gov.au/child-and-adolescent-mental-health-service-camhs>

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.



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