

Parent mental wellbeing

April 2020



Ensure your own Mental Wellbeing as a parent

Emerging Minds	Resources, webinars, toolkits for children and their families	emergingminds.com.au
Raising Children	Resources to help families grow and thrive together	raisingchildren.net.au/guides/coronavirus-covid-19-guide
The Brave Program	Free online program for parents	brave4you.psy.uq.edu.au/child-program
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

