

Support Resources

If you or your child needs to speak to someone during these challenging times the services below are a great place to start. Alternatively, speak to your General Practitioner (GP) who will be able to help you make a plan to support you and your child's wellbeing.

- 1. Headspace:**
Counselling and mental health support to young people between the ages of 12 to 25 years old. A range of online resources for young people and their parents. Phone: 1300 737 616.
<https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>
- 2. E-Headspace:**
Free online and telephone support and counselling to young people from the ages of 12-25 and their families. <https://headspace.org.au/eheadspace/>
- 3. Kid's Helpline:**
Free online and phone counselling 24 hours a day, 7 days a week for young people aged 5 to 25. Online resources for children, adolescents, and parents about a range of topics such as managing stress, coping with emotions and bullying. Call 1800 551 800.
<https://kidshelpline.com.au/>
- 4. Parent Line:**
Offers professional help, advice and referrals to local mental health services. Available to everyone in NSW and operates 7 days a week. Call 1300 1300 52.
<http://www.parentline.org.au/>
- 5. Mental Health Line:**
Offers professional help, advice and referrals to local mental health services. Available to everyone in NSW and operates 24 hours a day, 7 days a week. Call 1800 011 511.
<https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx>
- 6. Child and Adolescent Mental Health Services - Prevention Early Intervention and Recovery Services (CAMS-PEIRS):**
Provide support and treatment to children, adolescents and their families with a range of difficulties that are seriously impacting on their mental health and emotional wellbeing. Referrals can be made by a child, young person, parents and caregivers, a General Practitioner, health professional or the child/young person's school. For advice, assessment and referral call The Mental Health Line (free call) on 1800 011 511.
- 7. Family Connect and Support (FCS):**
FCS links families with the most appropriate support service in their local areas. Services including: domestic violence support services (including counselling), housing or accommodation services, financial assistance, counselling and mediation, parenting challenges and support services (including parenting programs), mental health support services and culturally appropriate support services. Call 1800 066 757, Monday to Friday 8.30am to 5.30pm.
- 8. Ask Izzy:**
A searchable database of local services which provide support with food, accommodation and financial support. <https://askizzy.org.au/>
- 9. Relationships Australia:**
Provides relationship support services for individuals, families and communities including individual, couples and family counselling. Phone: 1300 364 277
<https://www.relationshipsnsw.org.au/support-services-category/couples/>
- 10. Brave Program:**
Interactive online program for children aged between 3-17 and their parents. Children and adolescents who engage in the program will be provided with information and skills to help overcome their fears and anxiety. Parents who participate in the program will receive training in how to assist their child to implement anxiety management strategies.
<https://brave4you.psy.uq.edu.au/>