




## Parent Wellbeing Hub


What do you need support with?

(Click on the icons to link to further information)




**Calm**

Calm is an app designed to help with anxiety, stress through meditation.



**BRAVE**

BRAVE is a self-help online CBT program for young people experiencing anxiety and their parents. Find out what professionals and young people think.




**My Study Life**

My Study Life is a cross-platform study organising app for both students and teachers to help reduce stress.




# HELPFUL APPS



**Smiling Mind**

Smiling Mind is a mindfulness meditation website and iPhone app for young people. Get professional and youth advice for using it.



**Kids Helpline**  
For ages 5 - 25

Free 24/7 phone and online counselling service for young people aged 5 to 25.

**1800 55 1800**  
Available 24/7

**Chat with us online**  
Available 24/7

Visit [kidshelpline.com.au](http://kidshelpline.com.au)


**Are you in danger?**

If you, or someone you are with is in immediate danger please call:

**000**

or

go to your nearest hospital emergency department



**eheadspace**

eheadspace is an online counselling service for young people 12-25, with clinical support. Get professional and youth advice on using it.