





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.



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



HELPFUL APPS



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

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.