

Parent Wellbeing Hub

What do you need support with?

Bullying-  <https://bullyingnoway.gov.au/YourRole/Pages/For-Parents-and-carers.aspx>

Cyberbullying-  <https://esafety.gov.au/esafety-information/esafety-issues/cyberbullying>

Mental Health-  <http://parentsguide.beyondblue.org.au/#folio=1>

Grief and Loss -  - <https://au.reachout.com/search?q=Grief%20and%20loss&page=1>

Everyday Issues -  - <https://parents.au.reachout.com/>

Free ReachOut Parents Coaching-



<https://parents.au.reachout.com/coaching-eligibility>

Parenting Website-



<http://raisingchildren.net.au/teens/teens.html>

Resources for Parents



Queensland Government

<https://www.qld.gov.au/families/babies/advice/pages/resources>

Careers-



<https://myfuture.edu.au/>

Helpful apps for teenagers



eheadspace

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



My Study Life

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



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.



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

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