

## Support Services for Parents and Carers



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### General mental health

*Kids Help Line* – free call 1800 55 1800 24/7

This online site which provides 24/7 access to the information you need to sort things out when things become too much. It also provides some space to just 'chill'. Go to their website by [clicking here](#).

*Family Separation – A Guide for Teens* – is a free booklet designed to help you cope during this difficult time. It has lots of information about coping with change; living in two households; whom to talk to and where to go for help. Call 1800 040 972 or download a copy by [clicking here](#).

*Ecouch*- is an interactive self-help program which includes modules for social anxiety, generalised anxiety and depression. It teaches skills to help manage difficult times, can help you to relax, get more active, think more clearly and change the way you interact with other people. Go to their website by [clicking here](#).

*Mood Gym* – is a popular interactive program drawn from Cognitive Behaviour Therapy that helps users to prevent and manage depressive symptoms. MoodGYM has been extensively researched and has been shown to be effective in reducing depressive symptoms and unhelpful thinking in users. Go to their website by [clicking here](#).

*Blue Pages*– information about depression including how it feels and how it's treated. Includes reviews of the evidence for the things that people do to manage depression, from taking medication to eating chocolate! BluePages also explains the types of help available and where to access this help. There are quizzes and a downloadable relaxation mp3. Go to their website by [clicking here](#).

### Parenting

*Parentline* – a confidential and anonymous service for all Queensland parents. 7 days a week, 8am to 10pm. Any parenting issue. Cost of a local call. Phone 1300 30 1300.

*Australian parenting* - Need resources on raising teenagers? Visit this website for FREE practical information, downloadable tools, multimedia resources and forums on raising children from newborns to teens. Go to their website by [clicking here](#).

### Study Pathways and Careers

*Queensland Studies Authority (QSA)* - Information for parents and students on all aspects of education in Queensland from Kindergarten to Secondary school. Go to their website by [clicking here](#).

*Queensland Tertiary Admissions Centre (QTAC)* – Interactive website providing information for parents and students about all tertiary education providers and courses in Queensland and Northern New South Wales. Go to their website by [clicking here](#).

*Career News* - Updates from Options Training Solutions are provided for your information. Current parents should access these via parent connect. Go to their website by [clicking here](#).

Patrick Ambrose Treacy