

Parent mental wellbeing

September 2021

Ensure your own Mental Wellbeing as a parent

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| Australian Psychological Society | Tips for coping with coronavirus anxiety (APS factsheet) | www.psychology.org.au/COVID-19-Australians |
| COPE | Online Resources for new parents and families | www.cope.org.au/new-parents |
| Emerging Minds | Resources, webinars, toolkits for children and their families | emergingminds.com.au |
| Gidget Foundation | Support services for families suffering emotional distress during pregnancy and early parenting | gidgetfoundation.org.au/ |
| Mensline | Resources, phone and online counselling for men and focus on fathers | mensline.org.au |
| Mum Mood Booster | Online interactive treatment sessions | mummoodbooster.com/public |
| PANDA | Resources and help for new parents | www.panda.org.au |
| Raising Children | Resources to help families grow and thrive together | raisingchildren.net.au/guides/coronavirus-covid-19-guide |
| Sleep Health Foundation | Factsheets on sleep in times of COVID19 and for children's sleep | www.sleephealthfoundation.org.au/fact-sheets.html |
| This Way Up | Online courses to improve mental health generally | thiswayup.org.au |
| Tresillian Early Parenting | Professional advice, education and guidance for families with a baby, toddler or pre-schooler | www.tresillian.org.au |