

Where can I go for further information?

Click on www.kidsmatter.edu.au/ec/getting-help/ to access information about getting help from health professionals.

The **Better Health Channel** provides health and medical information to help individuals and their communities improve their health and wellbeing. A wide range of health and medical information is available at www.betterhealth.vic.gov.au/. Information on coping with stress can be found at www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Parenting_coping_with_stress.

The **Women's and Children's Health Network: Parenting and Child Health** is a resource for parents and caregivers that provides information on everything related to the health and development of children www.cyh.com/SubDefault.aspx?p=98

Children of Parents with a Mental Illness (COPMI) provides information for family members across Australia who have a parent experiencing a mental illness, and for people who care for and work with them. The overall aim of the initiative is to promote better mental health outcomes for children (0-18 years) of parents experiencing a mental illness. www.copmi.net.au.

The **Australian Psychological Society** is the largest professional association for psychologists in Australia. It spreads the message that psychologists make a difference to peoples' lives, through improving their health and wellbeing and increasing scientific knowledge. Tip sheets on a range of topics related to children's mental health are available at www.psychology.org.au –See 'Tip Sheets' in the 'Publications and Products' tab for details.

Click on www.psychology.org.au/FindaPsychologist/Default.aspx?ID=1204 to find a psychologist.

Click on www.psychologyweek.com.au/Assets/Files/stresstipsheet.pdf for information about understanding and managing stress.

beyondblue is a national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related substance-use disorders in Australia. Their mission is to provide a national focus and community leadership to increase the capacity of the broader Australian community to prevent depression and respond effectively www.beyondblue.org.au/index.aspx.

Resources on coping following family separation are available at:

- ▶ www.beyondblue.org.au/index.aspx?link_id=7.980&
- ▶ www.beyondblue.org.au/index.aspx?link_id=6.1068&tmp=FileDownload&fid=1023

Click on www.beyondblue.org.au/index.aspx?link_id=107.1007 for a directory of medical and allied health practitioners in mental health.

A book published by *beyondblue* is *Taking Care of Yourself and Your Family* (John Ashfield, 2007).

Families NSW is a Government strategy to enhance the health and wellbeing of children up to 8 years and their families. It does this by helping parents to build their skills and confidence in parenting, supporting parents and carers so they can respond to problems early, building communities that support children and families and improving the way agencies work together to make sure families get the services they need. Resources are available at: www.families.nsw.gov.au/resources/resources-index.htm.



This resource and further information on the national KidsMatter Early Childhood initiative is available to download at www.kidsmatter.edu.au. The KidsMatter Early Childhood team also welcomes your feedback which can be submitted through the website.



Australian Government
Department of Health and Ageing



beyondblue



Early Childhood Australia
A voice for young children

The KidsMatter Early Childhood information sheets are resources that have been developed in collaboration and with funding from the Australian Government Department of Health and Ageing. While every care has been taken in preparing this publication, the Commonwealth does not accept liability for any injury or loss or damage arising from the use of, or reliance upon, the content of this publication.