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 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 ‘Publications and Products’ tab for details.


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:


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.