

# Mental health promotion for children: Resources for families and staff

## Where can I go for further information?

**beyondblue** is a national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related substance-use disorders in Australia. Information about these topics is available at [www.beyondblue.org.au](http://www.beyondblue.org.au). Steps to seeking help and information related to this process is available at [www.beyondblue.org.au/index.aspx?link\\_id=107](http://www.beyondblue.org.au/index.aspx?link_id=107) and information on accessing health professionals is available at [www.beyondblue.org.au/index.aspx?link\\_id=107.1007](http://www.beyondblue.org.au/index.aspx?link_id=107.1007).

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](http://www.psychology.org.au) – See 'Tip Sheets' in the 'Publications and Products' tab for details.



**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 health illness [www.copmi.net.au/](http://www.copmi.net.au/). A booklet providing tips, information for answering children's questions about their parent or carer experiencing mental health difficulties as well as ideas about where to seek help, is available at [www.copmi.net.au/files/FamilyTalk\\_final.pdf](http://www.copmi.net.au/files/FamilyTalk_final.pdf).

The **Women's and Children's Health Network Parenting and Child Health Child and Youth Health (WCHN)** promotes the health, wellbeing and development of children, young people and families across South Australia by providing: support to parents in areas of parenting, health services for infants, children and young people, support for families and children with additional needs, up-to-date health information for parents, children and young people [www.cyh.com/SubDefault.aspx?p=98](http://www.cyh.com/SubDefault.aspx?p=98). Information on children experiencing grief and loss is available at [www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=141&id=1662](http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=141&id=1662) as well as [www.community.nsw.gov.au/docswr/\\_assets/main/documents/researchnotes\\_resilience.pdf](http://www.community.nsw.gov.au/docswr/_assets/main/documents/researchnotes_resilience.pdf).



This resource and further information on the national KidsMatter Early Childhood initiative is available to download at [www.kidsmatter.edu.au](http://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

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