

Where can I go for further information?

The **KidsMatter** Early Childhood Website has a range of places to start when seeking help. It outlines several ways to access mental health support for children.

www.kidsmatter.edu.au/ec/getting-help/.

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. You can find help from a psychologist at www.psychology.org.au/FindaPsychologist/Default.aspx?ID=1204 and an article on 'Supporting young people to seek professional help for mental health problems' at www.psychology.org.au/publications/inpsych/support_youth/.

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. Steps to seeking help and information related to this process is available at 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.

Kidscount, developed by the **Australian Childhood Foundation**, is a website for parents and carers that provides useful information about supporting children's development. It is available in a range of languages at www.kidscount.com.au. Get some more information about getting help at www.kidscount.com.au/english/contact.asp.

Child and Youth Health is a South Australian government website providing news and practical advice for parents and carers on a range of parenting and child health topics. Available at www.cyh.com.

The **Raising Children Network**, funded under the **Australian Government's Stronger Families and Communities Strategy**, is a national website aimed at helping families care for their children. Articles on a range of issues relevant to seeking help are available at www.raisingchildren.net.au. For example, 'How to Help Parents?' for services: www.raisingchildren.net.au/articles/how_to_help_parents.html/highlight/help and 'You and your family: Help and support' www.raisingchildren.net.au/state_pages/support_pre-diagnosis_asd_dropdown_menu.html/highlight/help.



Early Childhood Australia is the peak national, non-profit, non-government organisation that acts in the interests of young children. They provide a range of options and outcomes to support growth and development of young children. Articles on issues relevant to child development and mental health are available at www.earlychildhoodaustralia.org.au.

The Council for the Care of Children are an organisation working to make sure that children and young people in South Australia are safe and have a good start in life. It does this by telling everyone about children's rights, advocating for their rights, sharing the issues of young children with the community, looking at the government and advising people how to improve things for children and young people. Resources about seeking help are available at www.childrensa.sa.gov.au/help-support.htm.

Anglicare Victoria provides support to children, young people and families through a range of programs and services they strengthen families and communities so they can protect and nurture the children within them. Information on supporting families is available at www.anglicarevic.org.au/index.php?sectionID=5827&pageID=5995.

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/. Resources about finding services and support are available at www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/services_and_support?open.



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



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.