

# Support and Resources



Asking for help is not a weakness, nor does it mean that you are not a capable parent. In fact, it takes great emotional strength and personal insight to ask for help. We live in a busy world with many stressors and competing demands and therefore we must be gentle on ourselves and use the resources that we have available to us.

This document is divided into two sections:

- 1) Professional help on a state-by-state basis
- 2) Self-help (National and State-specific)

## Professional Resources

An incredible support and knowledge source is your state government's family, parenting and child health professional service. They can also provide referrals for additional supports.

ACT: Maternal Child Health Service

NSW: Perinatal & Infant Mental Health Program

NT: Early Bird and Territory Parent Support groups

QLD: Child and Baby Health Clinics

SA: Child and Family Health Service

TAS: Child Health and Parenting Service

Victoria: Maternal and Child Health Service

WA: Community Child Health program

Your General Practitioner (GP) is your next professional stop if you are having a challenging time with your young child. A GP will be able to give you a referral to many other professional health services such as psychologists and counsellors and paediatricians.



# Self-help Resources



## Australia-wide self-help resources:

1. **Parents supporting each other** – being open and disclosing troubles to a trusted friend or family member will not only provide you support, but it will also strengthen your relationships.
2. **Raising Children Network** is an online resource which offers comprehensive, practical, expert child health and parenting information and activities covering children aged 0-15 years.  
Website: <https://raisingchildren.net.au>
3. **Perinatal Depression & Anxiety Australia (PANDA)** – This resource offers free support via their National Perinatal Mental Health Helpline. The helpline can be accessed via phone on 1300 726 306. In addition to counselling services, they can also help you find other in-person resources in your local area. The PANDA website also offers online factsheets and other useful information.  
Website: <https://panda.org.au/>
4. **Tuning into Kids** provides programs that teach parents how to help their children/adolescents develop good emotional skills.  
Website: <https://tuningintokids.org.au/>
5. **YCIDS: A 90 min Online Education program for Separated Parents of Young Children.** YCIDS (pronounced “why-kids”, Young Children in Divorce and Separation) is a quick and effective way to boost knowledge and get on the same page about co-parenting young children after separation. The program provides a wealth of information about early development and co-parenting a young child between two homes; sorting out tough emotions and conflict that interfere with parenting; and the right questions to ask, to arrive at a sound overnight parenting plan. Also available in Cantonese and Mandarin.  
Website: <https://childrenbeyonddispute.com/parentsycids/>