

Mental Health and Wellbeing Support Services for Children and Families

From the Guidance Officer, Charmaine Gubbins, at Millmerran State School on Wednesdays and every second Thursday (even weeks of term).







There are many circumstances that children and families find themselves in that may require them to seek support for their Mental Health and Wellbeing. I would like to share some information around some of the supports and services that are available for children and families and how to access these.

A good first step is to speak with your local GP regarding Mental Health and Wellbeing concerns – eg. children with anxiety around coming to school / other things, engaging in self harm or expressing thoughts of suicide. The process following this discussion with the GP may look like the following:

GP appointment → Mental Health Plan (6 free sessions) → Referral to Mindware (psychologist visits Millmerran weekly) / Headspace (Warwick or Toowoomba) / CYMHS (Toowoomba)

There are also other services that parents and students can access at home, online or via the phone that are free of charge.

Helplines and Websites for Student and Parent Wellbeing

 <p>KidsHelpline 1800 55 1800</p> <p>Click to start a live WebChat</p> <p>FOR KIDS (5-12) FOR TEENS (13-25)</p> <p>Free, confidential counselling and support. 24 hours a day, seven days a week, for ages 5-25. FREECALL 1800 55 1800.</p>	<p>A free, private and confidential telephone and online counselling service specifically for young people between 5-25.</p> <p>24 hours per day, 7 days a week.</p> <p>Free even from mobiles!</p> <p>https://kidshelpline.com.au/</p>
	<p>headspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. If you're based in Australia and going through a tough time, eheadspace can help.</p> <p>Open 9am-1am (Melbourne time) 7 days a week for a 1-1 chat. A confidential, free and safe space to talk.</p> <p>https://headspace.org.au/eheadspace/</p>
	<p>13 1114</p> <p>For urgent assistance call Lifeline which is a 24-hour telephone counselling service.</p> <p>https://www.lifeline.org.au/</p>
	<p>Family and Child Connect is a free service to help you with challenges or parenthood. We can connect you to local services that help with building family relationships, budgeting, housing, managing children's behaviours and many other support services.</p> <p>http://familychildconnect.org.au/</p>
	<p>The BRAVE Program is an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. Includes up to 10 sessions that you can work through at your own pace. Comprises both youth and parent components. The programs are free, and provide ways for children and teenagers to better cope with their worries. There are also programs for parents.</p> <p>https://brave4you.psy.uq.edu.au/</p>
	<p>A confidential telephone service providing professional counselling and support for parents and carers of children in Queensland and the Northern Territory.</p> <p>Call Parentline on 1300 30 1300, from 8am to 10pm, seven days a week for the cost of a local call.</p> <p>https://parentline.com.au/</p>