


# Family Resources

A range of helpful resources, contact numbers, and links designed to support learners and their families in learning, wellbeing, and community engagement.

## Services




Mindmap is a dedicated portal for children and young people (up to 25 years of age) to help navigate Canberra's mental health system and to find the right service and support

 1800 862 111

 <https://www.mindmap.act.gov.au/s/>



Headspace Australia's National Youth Mental Health Foundation, providing early intervention mental health services to 12-25-year-olds. Headspace has offices in Braddon and Tuggeranong.

 1800 650 890

 <https://headspace.org.au/>



Child and Family Centres provide free services for families with children up to 8 years. These services include child development assessments, parenting support and advice, referrals to other health, wellbeing and support services, playgroups and parenting groups. There are centres located in Tuggeranong, West Belconnen and Gungahlin.



<https://www.act.gov.au/community/families/child-and-family-centres>



The Child and Adolescent Mental Health Services (CAMHS) Community Teams provide assessment and treatment for children and young people up to 18 years of age, who are experiencing moderate to severe mental health difficulties.



Northside: 02 51241407  
Southside: 02 51243133



<https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/child-and-adolescent-mental-health-service-camhs-community-teams>

# Helplines



Kidshelpline is a free and confidential 24/7 online and phone counselling service for young people aged 5 to 25.



1800 55 1800



<https://kidshelpline.com.au>



Autism Connect is a free, national autism helpline that provides information, advice and referrals to help autistic people, their families and carers.



1300 308 699



<https://www.amaze.org.au/autismconnect/>



ParentLine ACT offers free telephone and face-to-face confidential counselling services to parents and carers. ParentLine also hosts courses and can connect parents and carers to range of services.



02 6287 3833



<https://parentlineact.org.au/>



**PANDA**  
Perinatal Anxiety &  
Depression Australia

PANDA (Perinatal Anxiety and Depression Australia) is a free national helpline that supports the mental health of new and expecting parents and carers



1300 726 306



<https://www.panda.org.au/>

# Online Resources



Beyond Blue is one of Australia's most well-known mental health organisations, focused on supporting people affected by anxiety, depression and suicide. The service provides resources and free and confidential support via phone, webchat and email

 1300 22 4636  <https://www.beyondblue.org.au/>



ReachOut is an online mental health service for young Australians and their parents and carers. The service provides information, support, resources and advice to support the mental health and wellbeing of young people

 <https://au.reachout.com/>



Butterfly Foundation is the national charity for people in Australia impacted by eating disorders and body dissatisfaction, as well as for the families, friends, and communities that support them. The foundation provides resources and free and confidential support via phone, webchat and email.

 1800 33 4673  <https://butterfly.org.au/>



Raisingchildren.net.au provides educational tools and resources for parents, carers and families raising children in Australia

 <https://raisingchildren.net.au/>



The Kinship and Foster Carers Resource Hub is a dedicated space for foster and kinship carers in the ACT to find support, information and resources.

 1800 422 737  <https://knfcarers.au/>

# Workshops



PERKS parent workshops are a southside initiative. Each term at least two free workshops that support families and child development are run in Southside community locations. The workshops for this term are: Managing big feelings (Tuesday 27th November) and Transition to pre-school (Thursday 30th October).



<https://www.healthyschoolsact.com.au/southside-initiative/perks-0-8>



Tuning in to Teens is a free workshop series for parents and carers who want to build stronger relationships with their teens. In these interactive sessions, parents and carers will learn practical skills to help their teens recognise and manage their emotions. Sessions are held this term in Woden library on Fridays and Latham Primary School on Thursdays.



02 6264 0200



<https://crccs.com.au/teens/>



Child Development Service Drop in Clinics: Free assessment for children 6 years old or younger with a speech therapist, physiotherapist or occupational therapist at a drop-in clinic.



<https://www.act.gov.au/community/families/child-development-service/get-your-childs-development-checked>