

### Accessing Mental Health Treatments and Information?

In-person help: The Australian Psychological Society has a search page that can help you [find a psychologist near you](#).

- Online self-directed programs:
  - [Chilled Out Online](#) is an online program for youth experiencing anxiety.
  - [BRAVE Online](#) is a treatment for youth experiencing anxiety problems.
  - [Moodgym](#) can help your child manage anxiety and depression problems.
  - [myCompass](#) provides online treatment for youth depression and anxiety.
  - [Triple P for Parents of Teens](#) is a positive parenting program for teens.
- Helpful telephone services:
  - Lifeline – 13 11 14
  - Beyond Blue – 1300 224 636
  - Anglicare – 1300 610 610
- Helpful online information:
  - [Headspace](#)
  - [Beyond Blue](#)
  - [Raising Children](#)

**Starting a Conversation**  
with your child about anxiety, negative feelings or behaviour problems can be helpful. You may like to mention that these problems are common for young people their age and can be worked on together.

### Understanding Mental Health

- Head to Health has information about [mental-health](#), [anxiety](#), [depression](#) and many other mental health issues.
- [Headspace](#) and [Reach Out](#) have information about what mental health problems can look like in teenagers.
- [The Raising Children Network](#) is a great source of information and parenting strategies to help you support your child.
- [Parenting Strategies](#) is a great source of information about what mental health issues can look like in teens, and what to do to help.

### Looking After Yourself

- [Head to Health](#)
- Speaking with family or friends, or wellbeing staff at your footy club about your concerns
- Trying to get enough sleep, eating well, and getting some time to rest is important
- Websites with information and online programs for your own mental health:
  - [Black Dog Institute](#)
  - [MindSpot](#)