

SAFEMinds.

SCHOOLS AND FAMILIES ENHANCING MINDS

"A sense of connectedness to families and schools is the most significant protective factor for young people."

(Resnick et al. *Protecting Adolescents From Harm*, 1997)

SAFEMINDS: AT HOME



Children of Parents with a Mental Illness

copmi.net.au



From Harm to Calm

nillumbikhealth.org.au/from-harm-to-calm

headspace and eheadspace

headspace.org.au
eheadspace.org.au



Kids Helpline - 1800 55 1800

kidshelp.com.au

Mental Health First Aid

mhfa.com.au



Parenting Strategies: Preventing Depression and Anxiety

parentingstrategies.net

Parentline

Parentline.com.au

Queensland – 1300 30 1300

Raising Children Network

raisingchildren.net.au



Reach Out

au.reachout.com



Tuning into Kids

tuningintokids.org.au

Youth Beyond Blue

youthbeyondblue.com

