

Where can I go for help?

To access support online



Triple P parenting program

<https://www.triplep-parenting.net.au>

The Triple P parenting program has been developed in Australia and is FREE.

Triple P is a toolbox of strategies, skills, and knowledge. It can help you create a closer bond with your child as you support their learning, development, life skills, and emotional development.



Kids Helpline

<https://kidshelpline.com.au/get-help/webchat-counselling>

KidsHelpline offers online, email, and phone counselling for young people with a website tailored for kids (5-12) and teens (13-25). Online 'chat' counselling open 7 days a week.

KidsHelpline: [1800 55 1800](tel:1800551800)



13YARN

<https://www.13yarn.org.au/>

If you or someone you know are feeling worries or no good we encourage you to connect 13YARN on [13 92 76](tel:139276) (24 hours/7 days) and talk with an Aboriginal or Torres Strait Islander Crisis Supporter. This is your story, your journey and we will take the time to listen. No shame, no judgement, safe place to yarn. We're here for you.



Smiling Mind

<https://www.smilingmind.com.au/>

Smiling Mind Online is an app-based program to improve wellbeing of young people through mindfulness meditation.

Provides age specific content for ages 7-11, 12-15, and 16-22 years.



The BRAVE Program

<https://brave4you.psy.uq.edu.au/>

The BRAVE Program is a free online self-help program for prevention, early intervention and treatment of anxiety in young people. It has child (8-12yrs), teen (12-17 yrs), and parent components.



Beyond Blue

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

If you're going through a hard time right now, the Beyond Blue Support Service is available 24/7 for brief counselling. Most calls last around 20 minutes.

Our counsellors will listen and help you find the extra mental health help you need. Get free, confidential counselling (local call costs apply): [1300 22 4636](tel:1300224636)



eSafety Commissioner

<https://www.esafety.gov.au/parents>

Advice for parents and carers to help kids be safe online.

Where can I go for help?

To access face-to-face support



NSW Health

Mental Health Line

<https://www.health.nsw.gov.au/mentalhealth>

The 1800 011 511 Mental Health Line is NSW Health's 24/7 statewide phone service which links people with NSW Health mental health services. It is a free service and is staffed by trained mental health professionals who:

- offer mental health advice
- complete a brief assessment
- make recommendations for appropriate care, including referral to NSW Health mental health services.



Pathfinders

<https://pathfinders.ngo/locations/kempsey/>

Helping young people, children, and families. We'll give you information and advice and help you connect to the services in your area, so you don't have to retell your story. We stay connected with you until you're matched with the right services or support. Family Connect and Support (FCS), assists children and young people who would benefit from accessing support to address current problems and prevent future escalations.

- *Family and Parenting Support*
- *Financial Stress*
- *Substance Use*
- *Housing*
- *Youth Support Groups*
- *Mental health Services*
- *Domestic and family violence (DFV)*
- *Education and Employment*

Phone: [1800 327](tel:1800327) (Kempsey)



Connect to Wellbeing – North Coast

<https://nc.connecttowellbeing.org.au/>

Supporting people with mental health needs to connect with services.

Phone: [1300 160 339](tel:1300160339)



Aboriginal Specialist Wellbeing Service

Provides a culturally safe community based Aboriginal Team of counsellors working with Aboriginal people and their families across their life span in the Macleay and Nambucca valley.

- *Provide a confidential counselling service for any Aboriginal person or non-Aboriginal family member of any age.*
- *Family Support for those whose family members are experiencing social and emotional distress.*
- *Grief and loss counselling*
- *Works in culturally appropriate and safe ways*
- *Easy access to the team (can self-refer or family can refer)*

Any further questions, follow up information or to make a referral please contact: Yarning Line on [0408 985 916](tel:0408985916); email MNCLHD-ASWS@health.nsw.gov.au, or drop in and visit the team at 8 Wide Street, Kempsey. 9am to 4pm.