

eBook for Children & Families



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We know how daunting it can be trying to access supports for your child to support their mental health.

Here at YMM, we wanted to create an e-book that would help you with understanding the challenges children face and how you can access further resources and support.

Within this eBook, you'll find some information about YMM, what to expect when engaging with therapy, information about common mental health difficulties for children, and some practical ways in which you can support your child.

Welcome to YMM Psychology Services!

Coming to see a clinician can feel a bit overwhelming at first. Often, kids feel strange or worry that there's a major problem that is their fault. Sometimes, parents worry that they're doing the wrong thing or fear being judged or criticised.

Here at YMM, we have a team of clinicians who work with children and adolescents, with different therapeutic approaches and interests.

When you call YMM to book in, you'll talk to one of our administration team members. They will ask what you would like support with and then share information about our team and figure out who might be the best clinician for you. They will also ask for some details like your name and email (so we can send you our intake forms, location map, and information about your clinician), and mobile number for appointment reminders or calls if needed.

We encourage clients to arrive 5-10 minutes early to ensure all paperwork is completed, and if you have a referral, our admin team will collect this from you so we can process your Medicare rebate. When it's time for your session, your clinician will greet you at reception and take you to their consulting room. Our rooms are set up with comfy armchairs and couches, and we want you to feel at ease—so kick your feet up, lie down, sit up, or wrap up in a blanket. Kids' rooms are set up with a range of carefully selected toys, games and creative materials to facilitate a range of therapeutic expression, so feel free to explore.

If your session is online, click the telehealth link in your "Welcome to YMM" email – it's the same for all appointments! (Easy, right?)

During your first appointment, your clinician will review important policies and gather further information. (See what to expect when bringing your child to therapy for further information). If your session is at the clinic, your clinician will walk you back to reception after your appointment. For online sessions, they'll email the administration team a handover.

The first session is the most daunting, however, with time we can build a successful partnership in helping your child thrive.

We hope to see you soon!

Laura Forlani - Director and Clinical Psychologist

Introduction

In recent years, the rates of anxiety, depression, and other mental health issues among children and adolescents in Australia have increased significantly. According to the Australian Institute of Health and Welfare (AIHW), one in seven children aged 4 to 17 experiences a mental health disorder in any given year. This means that millions of young Australians are facing challenges related to their emotional well-being, with anxiety and depression being the most prevalent conditions. These issues are often compounded by factors like academic pressure, social media use, family stress, and social isolation. A recent report from the Royal Children's Hospital found that one in three children have symptoms of at least one mental health problem (anxiety, depression and/or externalising problems).

Among Australian children aged 8–13 years:

- One in six (16%) have symptoms of anxiety.
- One in four (23%) have symptoms of depression.

Reference - RCH National Child Health Poll – Report 3: Mental health of children aged 8-13 years in Australia, June 2023.

For children aged 13 years to 18 years:

Around 14% of young Australians aged 16-24 experience anxiety disorders.

Reference - Australian Institute of Health and Welfare (AIHW).

- About 12-14% of adolescents (13yr – 18yrs) experience depression.
- One in seven (14.2%) adolescents have a mental health condition, and about 4.4% of 12-17-year-olds have severe psychological distress.

Reference - Australian Child and Adolescent Survey of Mental Health and Wellbeing, 2020.

Suicide remains one of the leading causes of death among young Australians. The Australian Bureau of Statistics (ABS) reports that suicide rates for those aged 15-19 years are particularly high, with over 300 deaths in this age group annually. Self-harm is also a significant issue, with about 1 in 10 adolescents reporting self-injury.

Here at YMM, we want to support you on your journey to improving your child's mental health. We wrote this e-book as a resource to help you understand more about the common mental health issues children face, and to offer practical strategies that you can use to help your children build resilience and foster healthy mental health habits.

What To Expect When Bringing Your Child To Therapy

Taking your child to therapy can feel like a big step, and as a parent, you may have mixed feelings about the process. Here's what to expect:

The Initial Consultation:

The first visit is typically an intake session, during which we will gather important background information. This is an opportunity for you to share your concerns and observations about your child's behaviour, emotions, and any challenges they may be facing.

During this session, we may ask you about your child's:

- **Developmental History:** Information about your child's developmental milestones, family life, schooling, and any major life events or transitions.
- **Behaviour:** Specific behaviours or symptoms you've noticed at home, at school, or in social settings.
- **Emotions and Thoughts:** How your child expresses emotions, any signs of distress (such as withdrawal, irritability, or difficulty sleeping), and any fears or worries they may have.

While you'll likely provide the bulk of this information at the start, we will try and gain your child's perspective as well, depending on their developmental stage and initial comfort. The goal of this first meeting is to get a clear picture of your child's needs and create a plan for treatment. This appointment can sometimes be held without the child present if necessary or involve more than one session if a complex history is present.

We will also explain counselling, confidentiality, privacy and mandatory reporting policies to you, and ensure that you understand and provide informed consent.

What happens in therapy?

Clinicians often use a combination of active listening, empathy, and patience to build rapport and trust with children. For younger children, we may use play, art, or games to create a relaxed and non-threatening environment, to work through issues in verbal and nonverbal ways. For older children and teens, we will work to build trust by respecting their privacy, being non-judgmental, and ensuring that they feel heard. Therapy may involve skills-based learning, teaching emotional literacy skills, and developing strategies to manage and reduce symptoms.

Case notes and documentation are kept as records of sessions and are kept confidential on a child's file. Clinicians can often work in conjunction with GPs, Paediatricians, Psychiatrists, Speech Therapists, Occupational Therapists, Childcare and Schools, and other professionals involved with your child. We will seek consent from you before contacting other services as needed.

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How long will it take?

The length of therapy can vary depending on the nature of your child's challenges. For some children, therapy may be a short-term intervention that lasts only a few months, while others may require longer-term support. It's important to keep in mind that therapy is a process, and progress can take time, so giving your child the time and space they need to work through their emotions at their own pace is crucial.

Involving Parents in the Process:

We know that the best outcomes for children are when parents are involved in the therapeutic process. Regular communication and being able to provide input about how your child is coping at home and school as therapy progresses can help us to tailor treatment plans and respond to issues as they arise. Parent consultations can be a great way to get involved in the process, by booking separate consult times to discuss your concerns and work on strategies that you can implement to support your child at home and reinforce skills learnt in therapy.

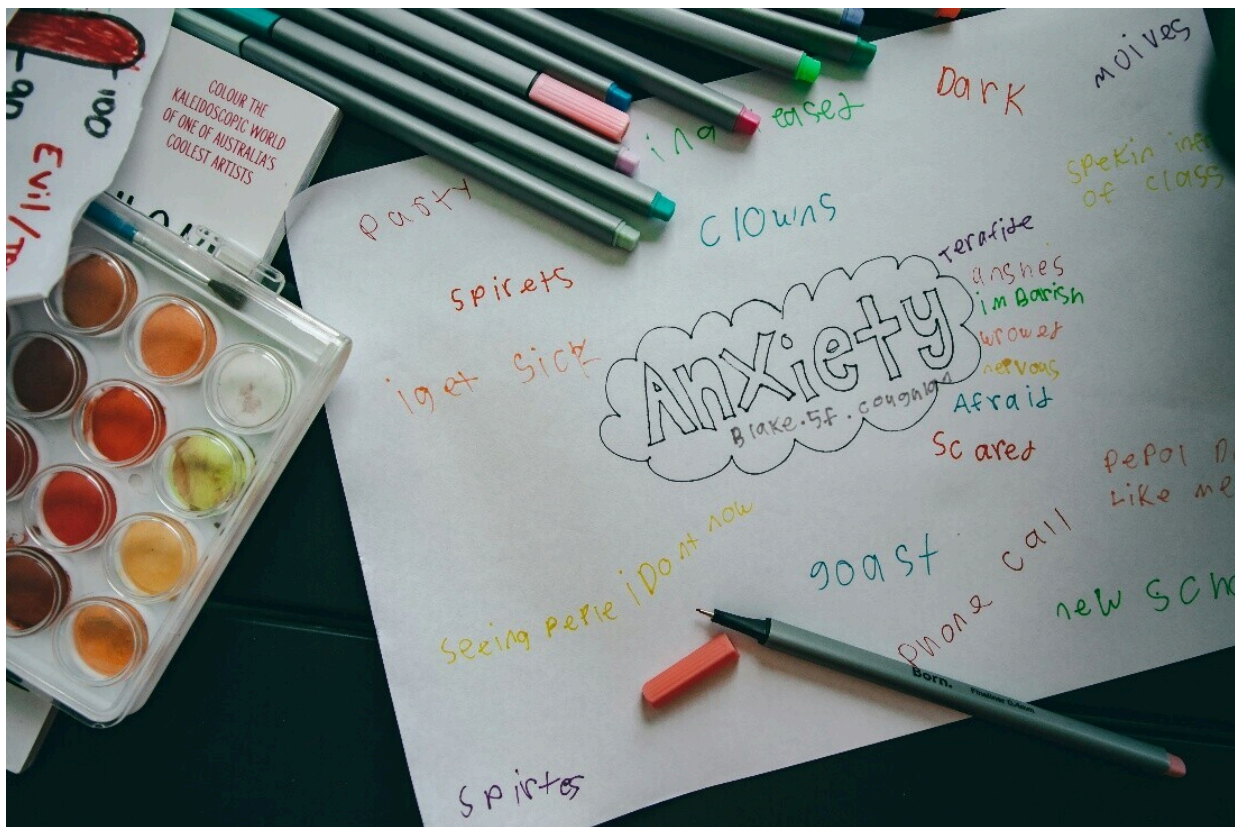


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Understanding Anxiety

Anxiety is a natural part of the human body and brain that we all experience from time to time. Feeling worried or anxious sometimes is normal. Some children can experience excessive worries, fears and anxious thoughts, that last for a long time or interfere with typical daily activities like going to school on interacting with friends and family. Higher rates of children are struggling with anxiety and mental health, often resulting in school avoidance and social withdrawal. Anxiety in children can show up in several ways.

Common signs and symptoms

- Avoiding everyday experiences and situations, such as school, social events, playing, sport, eating or sleeping.
- Psychosomatic complaints such as frequent stomach aches and headaches.
- Increase in emotional dysregulation – such as crying or angry outbursts that often seem like they happen suddenly.
- Changes in sleeping routines – finding it hard to go to sleep, or waking up in the middle of the night, experiencing nightmares, seeking out parents for comfort or to co-sleep.
- Changes in appetite.
- Seeming clingier, seeking reassurance more often.
- Being preoccupied or unable to concentrate.
- Overthinking and rumination.

Whilst children may show these signs from time to time, if they are frequently occurring, causing difficulties for your child in engaging with everyday activities, and causing distress, then seeking further support can help. Common anxiety disorders for children include social anxiety, separation anxiety, and generalised anxiety.

Exercises to help your child:

- **Practice Deep Breathing exercises**

- **Technique – Box Breathing:** Draw a box on a piece of paper, or trace the outline of a box in the air, on your knee or on a table. Starting in the top lefthand corner, trace across the box from left to right and inhale, trace down the box, exhale, trace from bottom right to left and inhale, and trace up the box to where you started, exhale.
- **Technique - Blowing Candles:** Hold up your hand and pretend your fingers are candles. Blow each fingertip one by one, as if blowing out candles on a cake.
- **Technique – Rainbow Breathing:** Having a visual aid of a rainbow can help with this one! Trace each colour of the rainbow from one side to the other, as you breath in deeply and exhale. You can try and think of places or objects that each colour reminds you of.



MINDFUL BREATHING PRINTABLE



<https://www.moonbird.life/blogs/kids/rainbow-breathing-for-kids>

Additional ways to help:

- Encourage your child to reflect on their thoughts and feelings. Sharing stories of your experiences where you have experienced similar feelings in an age-appropriate way can be helpful.
- Encourage your child to come to you with their worries and when they feel overwhelmed. 1:1 connection time, or consistent rituals where you can spend time focused on connection and strengthening your relationship can be very helpful here.
- It can be tempting to avoid situations that make us feel uncomfortable and anxious. This is a short-term solution though, and often causes bigger problems down the track. If there is a task that seems overwhelming for your child, for example, going to a crowded shopping centre with lots of people, start by making adjustments to set the child up for successful. For example, you might go at times where it's less crowded, such as early morning, so that the child gets practice at the experience without feeling completely overwhelmed. Small steps can help build a sense of confidence and resilience.
- Sensory aids that manage sensory overwhelm can be beneficial, such as fidgets, headphones, items that bring comfort or help modulate sensory input – for example, headphones can be helpful to manage noisy environments. Fidgets may provide an object to redirect nervous energy on to.
- Prioritise healthy routines – good quality sleep, regular exercise, eating well and good routines around technology use and screens/devices.
- Prioritise attending school if possible and discuss with your child's teacher accommodations that can be made to support their learning and manage anxiety.

Understanding Depression

Depression is often misunderstood in children, as it can look different to how adults experience the condition. While it's normal for children to experience ups and downs, it's important to understand the signs of depression and how you can help your child if they're struggling.

Depression is not just about feeling sad for a short period of time, it is a mental health condition that can affect a child's mood, thoughts, behaviour, and physical well-being. It goes beyond simple sadness and can interfere with everyday activities like school, social relationships, and self-care.

Just like adults, children with depression may experience a deep sense of hopelessness, lack of energy, and a loss of interest in things they once enjoyed. Unlike adults, however, children may not have the vocabulary or emotional maturity to express what they're feeling.

Children may display a wide range of behaviours and emotions that indicate they are struggling, such as:

- Loss of interest in favourite activities/social withdrawal.
- Emotional dysregulation/increased emotional reactivity – crying, angry outbursts, increased irritability.
- Fatigue.
- Changes in appetite and/or sleep patterns.
- Psychosomatic complaints – increased headaches, stomach-aches or other physical ailments that can't be explained by a medical condition.
- Changes at school – drop in academic performance, difficulty concentrating, or a lack of motivation to complete schoolwork. School-related anxiety and avoidance can also occur.
- Low self-esteem, negative self-talk.
- Some children may express thoughts of death, dying, or suicide. This is very concerning and requires immediate attention. If you suspect your child is thinking about suicide or self-harm, seek professional help immediately.

Ways you can help your child:

If you think your child might be struggling with depression, it's important to take their feelings seriously and approach the situation with care, empathy, and understanding.

- Make sure your child knows that you are there to listen and support them, no matter what. Encourage open communication, but don't push too hard. Let your child know that it's okay to talk about their feelings, and that you're there to listen without judgment.
- Validate their feelings and recognise that it takes time to start to feel better. Sometimes we try to make others feel better by offering solutions or reminding them to think of the positive, but this can often result in children feeling dismissed and unheard. It's a powerful experience for a child to have an adult offer them empathic statements that reflect our understanding of their experience, even if we can't fix it.
- Encourage healthy habits, with a focus on getting enough sleep, nutritious food, and staying physically active.
- Celebrate the small wins – getting out of bed, attending school, going for a walk – positive reinforcement can help improve self-esteem and confidence.
- If you notice persistent signs of depression in your child, or if they are showing signs of severe depression such as suicidal thoughts, it's important to consult a mental health professional. A child psychologist, accredited mental health social worker, or counsellor can help your child understand and work through their feelings and develop coping strategies.



Image Credit: © World Health Organization

Understanding Neurodiversity

Neurodiversity is a concept that is growing in recognition and importance in discussions around education, mental health, and disability. Understanding neurodiversity is crucial for fostering an inclusive environment for your child, whether they are neurodivergent (having a brain that works differently) or not.

What is Neurodiversity?

Neurodiversity refers to the idea that differences in the human brain and nervous system are part of the natural variation of the human population. Just as we accept and celebrate diversity in culture, ethnicity, and gender, neurodiversity advocates that variations in the brain, like those found in individuals with autism, Attention Deficit Hyperactivity Disorder (ADHD), dyslexia, and other neurological conditions, should also be recognised as a part of human diversity, and accepted and celebrated. Just as there is no one “right” way to be human, there is no single “right” way for a brain to work.

Neurodiversity in Children

In children, neurodiversity can manifest in a variety of ways. Some may have an official diagnosis, like Autism Spectrum Disorder (ASD) or Attention Deficit Hyperactivity Disorder (ADHD), while others may not. Regardless of whether a diagnosis is given, the underlying concept of neurodiversity is that these differences should be seen as part of the natural variation in the way people think, learn, and interact with the world.

Some common neurodivergent conditions are:

- **Autism Spectrum Disorder (ASD):** Autism affects how a child communicates, interacts, and processes sensory input. Each child on the spectrum is unique, and symptoms can range from mild to severe.
- **Attention Deficit Hyperactivity Disorder (ADHD):** ADHD is characterised by difficulties in regulating attention, behaviour, and activity levels.
- **Dyslexia:** This condition impacts reading and language processing. Children with dyslexia may have difficulty with word recognition, decoding, and spelling despite having normal intelligence.
- **Dyspraxia:** Dyspraxia affects movement coordination and can impact a child’s motor skills, including tasks like writing, tying shoes, or riding a bike.
- **Tourette Syndrome:** This condition causes repetitive movements or sounds (tics) that are involuntary.

These are just a few examples, and there are many other neurodivergent conditions that can impact how a child processes information, interacts socially, or learns new skills.

The Strengths of Neurodiversity

While neurodivergent children may face challenges, they also have unique strengths. For example, children with ADHD might be incredibly creative, be able to hyperfocus on topics of interest, and can think creatively. Children on the autism spectrum might have exceptional attention to detail and excel in structured environments. Children with dyslexia may develop innovative problem-solving skills due to the need to find alternative strategies for learning.

By focusing on a child's strengths, you can help them feel empowered and capable. Emphasising what they *can* do, rather than what they struggle with, helps build self-esteem and resilience.

Ways you can help your child:

- Learning about neurodiversity will help you become a better advocate for your child. Understanding your child's diagnosis, if they have one, and their unique neurological makeup allows you to recognize their needs and strengths more clearly.
- Whether at home or in your child's school, creating an environment that embraces neurodiversity is essential. Encourage open conversations about differences, be respectful of how others learn, and work with teachers and caregivers to ensure that any accommodations your child needs are being met. This might include things like extra time to complete schoolwork, sensory and movement breaks, or use of sensory aids and equipment to manage sensory input.
- Celebrate your child's talents and strengths. Whether it's their ability to hyperfocus on a task, their creativity, or their affinity for technology, acknowledging what makes them unique helps build self-confidence. Encouraging your child to explore their passions will also help them find outlets for success.
- Every child has their own set of challenges and individual coping mechanisms. The more we can understand that, and offer patience and scaffolding, the more children can grow in confidence and independence.
- Establish a supportive team around the child, including mental health professionals, occupational therapists and speech therapists. Early intervention can make a significant difference in how your child develops coping strategies and navigates the world around them, as well as mediate the impacts on their mental health.
- Supporting children to find peer groups or activities where they can meet like-minded kids can help them to build social skills and form relationships.

Children with neurodiverse traits thrive when given the right support and understanding. As a parent, embracing neurodiversity means accepting and celebrating your child for who they are—brain wiring and all. It's about seeing their differences not as something to fix, but as something to appreciate, just like their personality or temperament. Every child has a unique contribution to make, and when we embrace these differences, we create a richer, more compassionate world for everyone.

Mental Health: Self-Care for Children

Some key areas to focus on that help improve mental health are:

Good quality sleep

- Sleep hygiene is the habits put in place to help your child have a quality night of sleep. The consistency and soothing nature of routines signal to the brain to move from alert to drowsy and help your child to transition to sleep.
- Make sure the room is dark, comfortable and quiet enough for sleep. Remove distractions such as noisy toys and electronic devices.
- A cooler temperature can help – between 20 and 22 degrees.
- Promote a regular routine around bedtime. Have set times for going to bed, and lights out, and try to wake at a similar time most mornings.

For younger children:

- Focus on a calming bedtime routine. Screens off usually an hour or two before bedtime.
- A typical routine might involve dinner, bath time, putting on pjs, brushing teeth, reading a book and saying good night. Try to keep interactions low energy and volume, avoiding hyperstimulation. Dim the lights and/or play some soothing music.
- If your child is afraid of the dark or monsters, providing reassurance, cuddles and a nightlight may help.

For older children:

- Whilst older children are more independent, routines are still important.
- Try to establish a consistent routine with going to bed and waking up at similar times each day.
- We know teenagers love their tech, but it can be hard to resist the lure of our phones and screens, so ideally these devices remain outside of the bedroom at nighttime.
- Use an old-fashioned alarm clock instead of the phone alarm and consider putting a music playlist on an old music player, rather than using streaming services on phones.

Diet & nutrition

A balanced, healthy diet can impact brain functioning and improve mood. A diet which includes a variety of fruits, vegetables, whole grains, protein, and healthy fats, has been linked to improved wellbeing and a reduced risk of depression and anxiety.

Kids are notorious for picky eating, so some helpful tips are:

- Having family meals together and offering foods where children can serve themselves promotes autonomy and independence, as well as offering time for families to connect.
- Start small – offer kids safe foods you know they will eat, with a little bit of new food that you might be wanting to build up exposure to. Kids often need to be exposed to a new food several times before they may be willing to try it.
- Have fun – sometimes presenting food differently, making a face or funny shapes out of it, or eating outside or picnic style, can encourage kids to eat more.
- Keep expectations minimal to avoid power struggles over food – parents are responsible for what is offered and when, children are likely to eat better over time when they are in control of what they choose to eat (from the options offered) and can learn to respond to their internal cues. Refer to Ellyn Satter’s Division of Responsibility for further information.
- Try to avoid pressuring children to eat at mealtimes or offering dessert as bribes/rewards for eating disliked foods, as this can sometimes increase food resistance and has been linked to the development of disordered eating. Think about what your child may eat over a week – do you feel like they’re getting a good balance of nutrients over that period? If not, set small goals for gentle exposure to increase variety.
- Neurodiverse children can often experience sensory aversions to textures and tastes with food, and you may need specialised support in gently scaffolding this over time.
- For older children, continue to promote family meals where possible, and encourage them to get involved with cooking and preparing meals, so they can learn more about nutrition.

Physical activity, particularly outdoors

We all benefit from exercise. It helps with lifting our mood, building muscle and metabolising food. It can help improve mental health by reducing stress and anxiety, improving sleep and increasing energy levels. Exercise linked with social interaction can also be beneficial for improved mental health. It takes time to build new routines, so even going for a regular walk in the sunshine can help to establish healthy patterns.

Boundaries around technology

Phones and technology have become an integral part of our lives, and for adolescents, can often be their social connection to their peers as well. But it can also be harmful to our mental health in promoting unrealistic expectations on social media, and for children being bullied or struggling socially, these negative interactions can then follow them home and increase stress.

Family rules around phone use can be helpful – i.e.: everyone puts their phones away during the evening or at bedtime – having a lockbox or drawer for them to be stored in can help. Phones are designed to be addictive. Enforced breaks that set boundaries around time and usage, can help model healthy behaviours. As hard as it is, children are more likely to follow rules on tech use if they see everyone in the family putting away their phones/devices – including parents! Model the behaviour you like to see – kids learn not from what you say, but what you do.

Same for video games, YouTube and TV – setting time limits and routines can help children to enjoy technology but also take breaks as well. With video games or TV/online shows, it can be useful to set a limit of ending after the child reaches a save point, or finishes an episode, rather than a 5 minute warning. Some kids require several reminders that the transition is approaching, to help them prepare, and may benefit from visual timers as reminders.

Transparency with children about the rules regarding device use and having open conversation about technology and safety online can help your child to open up to you when things go wrong, or when they encounter hurtful or harmful content online. Assume your kids are likely to make mistakes or encounter harmful content at some point and focus on helping them to learn and protect themselves, to identify when they see something inappropriate or they feel uncomfortable, and who to turn to for help.

Mental Health: Self-Care for Parents

“You can’t pour from an empty cup”.

Parents are great at focusing on their children’s needs. When you have a child who needs additional support, sometimes it can feel like a second job managing appointments, coordinating resources and responding to your child’s emotional needs. This can leave little time and room for your own self-care, and parents often end up burnt out and overwhelmed.

Being the parent of a child with mental health challenges can be one of the most rewarding yet emotionally taxing roles you’ll ever have. The love, worry, and dedication required to support your child through their mental health struggles often feels all-consuming. As a result, many parents find themselves putting their own needs—physical, emotional, and mental—on the back burner. However, neglecting self-care while caring for a child with mental health issues can lead to burnout, exhaustion, and increased stress, which ultimately affects both you and your child.

When you take care of yourself, you are modelling important lessons about emotional health for your child. Children learn by watching their parents, so by practicing self-care, you are teaching your child that it’s okay to prioritise their own well-being and seek help when needed. It also demonstrates that self-care is a normal and important part of maintaining mental and emotional health.

Ways you can look after yourself (and in doing so, help your child!):

- **Set boundaries:** It’s hard to find time to focus on yourself when you feel burnt out and overwhelmed, but even 5 minutes can make a positive difference. Make time for activities that replenish you, whether it’s reading, taking a walk, or enjoying a quiet cup of coffee. If possible, delegate caregiving responsibilities to a trusted partner, family member, or professional for short periods, so you can recharge. It’s okay to say no to extra commitments that drain your energy, and it’s okay to ask for help when you need it.
- **Mindfulness Practices:** Meditation or deep breathing exercises can help reduce stress and keep you grounded in the moment. Apps like Headspace or Calm offer guided meditations that can fit into even the busiest schedules.
- **Engage in Physical Activity:** Exercise is a natural stress reliever and mood booster. You don’t need to commit to a long, intense workout—simple activities like walking, yoga, or dancing to your favourite music can have a positive impact on your mental health. Find an activity that you enjoy and aim to move your body regularly to release pent-up stress and tension.

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- **Build a Support System:** You don't have to navigate this journey alone. Reach out to other parents, join online forums, or seek out support groups in your community. Talking to others who understand your experiences can help reduce feelings of isolation and provide a sense of solidarity.
- **Make Time for Hobbies and Interests:** Don't forget about the activities that bring you joy and fulfillment. Whether it's reading, gardening, painting, or any other hobby, engaging in something that makes you feel good is an important way to nurture your own well-being.
- **Seek Professional Support:** If you're feeling chronically overwhelmed and burnt out, consider seeking therapy or counselling for yourself. A therapist can offer coping strategies, a safe space to process feelings, and guidance on how to manage the emotional weight of caregiving. Therapy can also provide tools to help you set boundaries and address feelings of guilt, anxiety, or frustration.



Photo by [James Wheeler](#) on [Unsplash](#)

Useful Resources

Help Lines:

- Kids Help Line (ages 5-25) - **1800 55 1800**
- Parent Line - a statewide telephone counselling and support service for all Victorian parents and carers of children from 0-18 years. Experienced social workers, psychologists and family therapists can give you counselling and information around a wide range of parenting issues. - **13 22 89**
- Beyond Blue - Beyond Blue is an organisation that provides a free online and telephone helpline for people with depression, anxiety or other mental health issues. You can talk to trained mental health professionals who can give you support and advice. Beyond Blue can also help you find mental health services near you – **1300 22 4636**

Websites:

- Raising Children's Network - <https://raisingchildren.net.au/>
- Triple P Parenting Course - <https://www.triplep-parenting.net.au/au/triple-p/> A free positive parenting program developed in Australia.
- Karen Young – Anxiety Resources - <https://www.heysigmund.com/>
- E Safety Commissioner - <https://www.esafety.gov.au/>
- Headspace - <https://headspace.org.au/>
- Maggie Dent – Parenting Resources - <https://www.maggiedent.com/>
- Dr Justin Coulson – Parenting Resources - <https://happyfamilies.com.au/>

Apps:

- Smiling Minds App - Designed for minds of all ages and stages, the new Smiling Mind App helps you learn the skills that promote mental wellbeing and create the habits to thrive.
- Calm App – an app that can help with stress, sleep and mindfulness practices.

Want more support? Get in touch!

Call our clinic: (03) 9802 4654

Visit our website and book online: www.yourmindmatters.net.au

Head to our resources page for more ideas:

www.yourmindmatters.net.au/resources

Send us an email: admin@yourmindmatters.net.au

For the latest updates, tips and information, head to our social media pages.

