

Archives of Feeling:

**Sensation,
Connection,
Community**

**Mental Health
Resources for
Children,
Teenagers and
Young Adults**

**THE BIG
ANXIETY**

Let's talk mental health and wellbeing in toddlers, children and pre-teens.

We've pulled together these resources from the [Better Health Channel](#)

Children, young people and mental health services

Growing up is not easy and at each stage of development, from pre-primary, right through to the teen years, there are challenges that will test a child's emotional and mental health.

Promoting good mental health in children, teenagers and young people will help them build lasting relationships, communicate effectively, and adapt to change as they grow into adults. If your child is dealing with a mental health issue, it is important to know who you can talk to and where you can get help.

Pre-primary children and mental health

When talking about mental health in pre-primary children, the focus is not so much about looking for signs of mental illness, but rather about creating a secure environment for your child to develop at their own pace. By making sure your child feels safe and loved, you give them the best opportunity to develop the social skills they need to get through life.

As they grow and get ready for their school years they will learn how to:

- express and control their emotions
- communicate their needs and interests
- behave the right way in different situations
- form friendships and work together with others
- resolve conflicts.

Encourage good mental health in your child by actively listening to them, giving them lots of free play time, rewarding good behaviour, being affectionate and also sharing your own emotions.

Primary school children and mental health

Children between the ages of five and ten go through a lot of changes as they adjust to life at school and spending long periods of time away from their parents.

If you are concerned about how your child is coping with these changes, it is a good idea to talk to them about it and get help if you do not know what to do.

Your child may be struggling with shyness, separation anxiety, peer pressure, bullying, or even a behavioural disorder such as oppositional defiant disorder (ODD), conduct disorder (CD) or attention deficit hyperactivity disorder (ADHD).

Pre-teen children and mental health

As you move towards your teenage years and high school, you will have to deal with pressures that you might not have experienced before such as issues with your body image, social media experiences and sexual development. It can be hard to make sense of all the changes that are going on around you.

Where to get help.

All children develop at different rates and cope differently with the challenges of growing up. Some are more anxious or shy, while others may be irritable or misbehave more than children normally do. If you are concerned about the mental health of your child because of worrying behaviour, there are places you can turn to for help.

A good place to start is to speak to your doctor, school counsellor or maternal health nurse about your concerns. They will be able to talk through some of the developmental issues that might be contributing to bad behaviour and will also be able to suggest further mental health support services.

For more information, make use of Victoria's various parenting helplines and websites, including:

[The Kids Helpline](#)

Is a great option for kids who do not feel comfortable talking about their feelings to you or other family members. They can call 1800 55 1800 for free counselling and advice.

[Triple P](#)

Provides online programs for parents and carers to support children's mental health, wellbeing and development. Triple P Online is a program for parents of toddlers to 12-year-olds - providing tips and strategies to positively influence your child's development, emotional regulation, and wellbeing.

[Parentline](#)

Call 13 22 89 for this telephone counselling service for Victorian parents and carers of children up to 18 years of age. The service is available from 8 am to 12 am (midnight), seven days a week.

The Royal Children's Hospital Melbourne - [Kids Information](#)

Dedicated to providing quality up-to-date health information. You can find information via fact sheets, videos and podcast episodes.

[The Raising Children Network](#)

Is also a great place to find information on children of all ages, including fact sheets and downloadable toolkits on child development, behavioural problems and other health issues.

[Association for Children with a Disability](#)

Call (03) 9880 7000 (or 1800 654 013 for rural callers)

[Australian Psychological Society, APS Psychologist Referral Service](#)

If you are living with, or caring for, a family member with a mental illness, contact [Carers Victoria](#) or phone 1800 514 845 or visit the website for information and support.

Let's talk mental health and wellbeing in teenagers and young adults

Some teenagers experience mental health issues and illness. Teenagers can experience bouts of depression and anxiety, have problems with bullying, peer pressure or drugs and alcohol. The most important thing is to have someone to turn to when you need help.

Where to get help.

Start by talking to your family and friends about what you are feeling. If you would rather speak to someone you do not know, try talking to your school counsellor or local doctor. Your conversations with them are private and they will be able to direct you to further support, through mental health support services such as a psychologist or psychiatrist.

Headspace

Headspace is run by the National Youth Mental Health Foundation, offers support, information and advice to young people between the ages of 12 to 25. Visit the Headspace website to find a centre near you

For crisis support, phone and web counselling, and mental health information contact one of the mental health support services listed below:

Lifeline

Call 13 11 14 for this free Australia-wide crisis support and suicide prevention service.

Suicide Call Back Service

Call 1300 659 467 for this free service for people having suicidal thoughts, family or friends affected by suicide and healthcare professionals treating suicidal patients.

Suicide Line

Call 1300 651 251 for free and anonymous support, 24 hours a day, seven days a week across Victoria.

Reachout

Visit their website for information, tools and support for young people with mental health issues.

Youth Beyond Blue

Call 1300 22 4636 for free telephone counselling or visit their website for information, resources and support for young people with depression or anxiety.

Alcohol and Drug Foundation

Free health advice for young people on substance use and mental health. Parents can access useful information about positively influencing a teenager's development, resilience and emotional wellbeing with the [Teen Triple P](#) program.

Pop-up community mental health services are opening across Victoria, providing a first point of call for those looking for mental health counselling and wellbeing support. The [Partners in Wellbeing helpline](#) is currently supporting access to the pop-ups. If you, a friend, or family member needs support call 1300 375 330.

Creative Resources for Wellbeing.

Satellite Foundation

Satellite Foundation is a creative community that connects and empowers children and young people, aged 8 - 25, who have a family member living with mental health challenges. We understand this may also include young people in families experiencing challenges with substance use, family conflict or violence, or other adverse life circumstances. So, while our programs are designed to be fun and engaging, there's plenty of space for talking, getting support, connecting with others, and creating new friendships.

At Satellite, we believe that being 'creative' is simply being given permission to see, feel, share and communicate our experiences in this world in lots of different ways. We insert creativity and the opportunity for connecting with others into everything we do; whether that's a photography workshop, meeting on Zoom, going on overnight camps, making a musical instrument, or trying our hand at songwriting. We offer a range of fun, in-person and online programs, workshops, activities, and projects for young people to come together and tap into their creative selves. And the best part is, our programs are co-designed by young people and they're FREE!

Embodied Therapeutics & Education

Evidence-based research shows the positive benefits of embodied modalities on regulating the nervous system, refreshing and energising focus, enhancing physical and mental agility, cultivating agency and building self-confidence.

Live Particle is an independent embodied education and therapeutics provider for all ages and abilities. Their services are available in-person and online.