



## Websites and apps supporting mental health for new mums and dads

### MumSpace

Supports the mental health and wellbeing of pregnant women, new mums and their families by connecting them with advice and support in the transition to parenthood. Also provides effective online treatment programs for perinatal depression and anxiety.

📄 **Website:** [www.mumspace.com.au](http://www.mumspace.com.au)

### Anxiety: learn, think, do

Developed to help women understand more about worry, anxiety and anxiety disorders at different times in their life.

📄 **Website:** [anxiety.jeanhailes.org.au](http://anxiety.jeanhailes.org.au)

### What Were We Thinking

Focuses on the practical and personal aspects of parenting, this program gives you evidence-based, tried and tested parenting advice from leading Australian experts.

📄 **Website:** [www.whatwerewethinking.org.au](http://www.whatwerewethinking.org.au)

📄 📱 **Blog and app:** [jeanhailes.org.au/what-were-we-thinking](http://jeanhailes.org.au/what-were-we-thinking)

### Black Dog Institute

Self-help tools and apps, including depression, bipolar and anxiety self-tests and online programs like 'MyCompass' for anxiety/depression and SHUTi (sleep healthy using the internet)

📄 **Website:** [www.blackdoginstitute.org.au/getting-help/self-help-tools-apps](http://www.blackdoginstitute.org.au/getting-help/self-help-tools-apps)

### beyondblue's 'Healthy Families'

Gives you the information, knowledge and confidence to take care of your own mental health and wellbeing, especially if you're a new parent or about to become one.

📄 **Website:** [healthyfamilies.beyondblue.org.au/home](http://healthyfamilies.beyondblue.org.au/home)

### PANDA: Perinatal Anxiety and Depression Australia

Provides the national perinatal mental health telephone counselling service, as well information to reduce stigma around perinatal anxiety and depression.

📄 **Website:** [www.panda.org.au](http://www.panda.org.au)

☎ **Helpline:** 1300 726 306 (Mon-Fri, 10am-5pm AEDT [time difference for WA is 2-3 hours])

### Bright Tomorrows Start Today

Underpinned by the latest child development science, the Bright Tomorrows initiative builds community understanding about the amazing potential of a baby's developing brain and provides expert advice and evidence-based tools to support children's health, development and learning.

📄 📱 **Website and app:** [www.brighttomorrows.org.au](http://www.brighttomorrows.org.au)


### Feed Safe

Contains answers to the most common questions about alcohol and breastfeeding, with information from Australia's most trusted experts.

📄 📱 **Website and app:** [www.feedsafe.net](http://www.feedsafe.net)

## beyondnow

Puts your safety plan in your pocket so you can access and edit it at any time. You can also email a copy to trusted friends, family or your health professional so they can support you when you're experiencing suicidal thoughts or heading towards a suicidal crisis.

  **Website and app:** [www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning](http://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning)

## Mind the Bump

Provides tailored mindfulness exercises to support your mental and emotional wellbeing from day one of pregnancy through to 24 months after birth.

  **Website and app:** [www.mindthebump.org.au](http://www.mindthebump.org.au)

## COPE: Centre of Perinatal Excellence

Provides high quality, evidence-based information to empower people and guide them to care while supporting world-leading research to enhance practice and to inform policy and services.

 **Website:** [cope.org.au](http://cope.org.au)

## Raising Children Network

The Australian parenting website with comprehensive, practical, expert child health and parenting information covering children aged 0-15 years and the adults who raise them.

 **Website:** [raisingchildren.net.au](http://raisingchildren.net.au)

## MoodGYM

A free, interactive web program that teaches the principles of cognitive behaviour therapy – a proven treatment for depression. It also demonstrates the relationship between thoughts and emotions, as well as teaching relaxation and meditation techniques.

 **Website:** [moodgym.anu.edu.au/welcome](http://moodgym.anu.edu.au/welcome)

## SMS4dads

Provides fathers with information and connection to online services through text messages to their mobile phones.

 **Website:** [www.sms4dads.com](http://www.sms4dads.com)

## Mum Matters

Based on screening tools validated by evidence-based research that can help identify if you may be experiencing feelings common in depression. It also suggests steps to help you stay emotionally well, and guides to relevant support and resources.

 **Website:** [www.bupa.com.au/mummatters](http://www.bupa.com.au/mummatters)

## Connected Parenting

Designed to support health workers and health professionals working with Aboriginal and Torres Strait Islands families explore attachment-based parenting.

 **Website:** [www.sjog.org.au/about-us/social-outreach/connected-parenting](http://www.sjog.org.au/about-us/social-outreach/connected-parenting)

## How is dad going?

A website discussing emotional and mental health of new and expectant dads. Developed by PANDA, this website focuses on men's experiences and provides suggestions for support.

 **Website:** [www.howisdadgoing.org.au](http://www.howisdadgoing.org.au)