



Helpful resources for parents

Mental health and wellbeing

Lifeline

Contact Lifeline on 13 11 14 for 24 hour crisis support.

Beyond Blue

A site that provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. Telephone: 1300 22 4636.

Parentline

A confidential phone (1300 30 1300) and WebChat counselling service supporting parents and carers of children.

Headspace

With a focus on early intervention, Headspace works with young people to provide support and help get them back on track and strengthen their ability to manage their mental health in the future.

Kids Helpline

Kids Helpline (1800 551 800) is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25. The Kids Helpline Parents' site offers information about how parents can support their kids when they are going through tough times.

Talking Families

Talking Families offers support for parents by equipping them with ways to seek the help they need.

OnePlace

<https://www.sparktheirfuture.qld.edu.au/resources-for-parents-and-carers>

OnePlace is an online community service directory for Queensland parents, families and professionals looking to find support. The site lists information from parenting groups to domestic and family violence support services.

Ask Izzy

Ask Izzy can help you find the services you need. It is free and anonymous, and you can search over 360,000 services to find housing, meals, healthcare, counselling, legal advice, addiction treatment and a whole lot more.

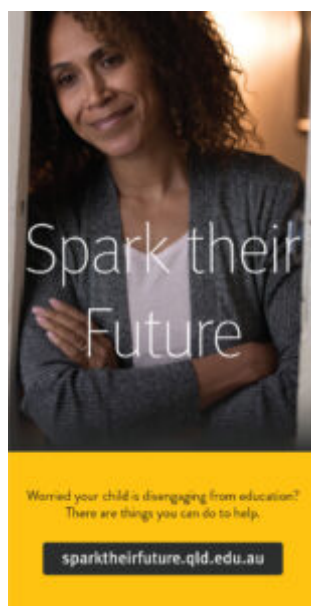
Family and Child Connect

Family and Child Connect (13-FAMILY / 13 32 64) is a local, community-based service that helps families to care for and protect their children at home, by connecting them to the right services at the right time.

Dear Mind

A Queensland Government initiative providing resources to improve the mental wellbeing of Queenslanders.

Download the Spark their Future Flyer



Electronic flyer available for email and sharing.

Helping your child with their learning

We the Differents

Provides information, tips, ideas and experiences to help young people make the most of their education.

<https://www.sparktheirfuture.qld.edu.au/resources-for-parents-and-carers>

Learning Potential

Learning Potential is a website to help parents and carers reinforce the skills their child is developing in the classroom. With hundreds of articles on all aspects of a child's learning and development, from the early years to the end of high school. There is also a free app.

Autism Hub

Information and resources for families of children with Autism Spectrum Disorder (ASD) to improve the educational outcomes for students with autism.

Reading and Writing Centre

Provides resources and advice for parents and caregivers to support their children to improve their reading and writing.

Work-related training

Queensland Skills Gateway

This online portal helps people work out what kind of job they want and how they can get the training they need.

TAFE Queensland

Find out about the practical, workplace-specific skills and knowledge delivered through TAFE Queensland.

Department of Employment, Small Business and Training

This site explains how school-based apprenticeships and traineeships work.

Career planning

My future

This site helps young people identify their interests, build a career profile and explore occupations. It also provides targeted resources for parents and carers.

The Good Universities Guide

Explore more than 400 job descriptions to help find the right career.

<https://www.sparktheirfuture.qld.edu.au/resources-for-parents-and-carers>

Your Career

Get connected to further education, training or work options to support your child's career needs or goals.

Job Outlook

Learn about the future outlook, pay, main tasks, and physical and other demands of different careers.

Queensland Skills Gateway

This online portal helps people work out what kind of job they want and who can provide the training.

Australian Apprenticeships Pathway

This site provides information for people considering their career options and explains the steps involved in getting an apprenticeship or traineeship.

Indigenous Careers

This website connects Aboriginal and Torres Strait Islander People with Australian Government jobs.

Bullying

Bullying. No Way!

This site explains what parents should do if they learn their child is being bullied.

eSafety Commissioner

This organisation administers a complaints scheme for Australians under 18 who have experienced cyberbullying or seriously threatening, intimidating, harassing or humiliating online behaviour. They provide resources to help young people or their carers report the problem to social media sites, and have the power to require the abusive material to be removed.

Dolly's Dream – The Parent Hub

Resources designed to help parents who are looking for help about bullying and cyber bullying.

Stop Cyberbullying

A Queensland Government website providing advice and support to help young people experiencing cyberbullying.

<https://www.sparktheirfuture.qld.edu.au/resources-for-parents-and-carers>

Parentline

Provides free online training on cyberbullying for parents, carers and grandparents.

Legal services

Youth Advocacy Centre

YAC provides legal services, youth support and family support assistance and services to young people generally aged 10 to 18 years (inclusive) who live in or around the greater Brisbane region.

Last Updated: 22 June 2022