

Parents Online Resources Pack



Online Mental Health Resources for Parents

Here are a few websites that share ideas for helping children and young people understand and cope with experiences of anger, anxiety and depression. Some share resources for young people themselves and others share tips parents can use to help. You might find some things that would be good to explore together.

Anger

Dealing with Child Anger

www.nhs.uk/Conditions/stress-anxiety-depression/Pages/dealing-with-angry-child.aspx

This article from the UK shares tips on how parents can help children understand and deal with anger.

Help Your Child with Anger

www.help-your-child-with-anger.com/anger-in-children.html

This website is all about how to help your child with anger and the different things that can be underlying it.

Anxiety

Parenting an Anxious Child

www.psychologytoday.com/blog/dont-worry-mom/201302/12-tips-reduce-your-childs-stress-and-anxiety

This article on Psychology Today shares 12 tips to help your child reduce their stress and anxiety.

Worry Wise Kids

www.worrywisekids.org/

Worry Wise Kids is a website full of info and strategies for children with anxiety and their parents.

Depression

The Journal

www.myjournal.depression.org.nz/

The Journal is an online self-help programme, where Sir John Kirwan guides you through a series of activities that help you find a way through depression. The Journal is aimed at adolescents and adults with mild to moderate depression.

The Low Down

www.thelowdown.co.nz/knowledge/fact-sheets/

The Low Down is a website for young people with depression and shares information for supporters.

Multi-Purpose

Emotionally Healthy Children

www.emotionallyhealthychildren.org/freeresources.html

This website shares some free resources to help parents respond to their children's emotional needs.

Parent Help: Ideas for Responding to Challenging Behaviour

www.parenthelp.org.nz/raising-great-kids-responses.html

Parent Help offers tips for dealing with challenging behaviour at different ages and a helpline you can call for further advice.

Skylight

www.skylight.org.nz/Request+a+Support+Information+Pack

Skylight makes mental health resources for NZ children, adolescents and their parents on everything from trauma and grief to relationships, bullying and anger. You can order individualised support packs.

The Mental Health Foundation of New Zealand

www.mentalhealth.org.nz/resourcefinder/listings/search/

The Mental Health Foundation of NZ shares information on mental-health problems and wellbeing. Their A-Z Resource Finder will help you find information on just about everything.