

Supportive Organisations

Created for mothers by Helen Bourke-Taylor PhD©



The Healthy Mothers Healthy Families workshops were created to support mothers of children with a disability, to design their own healthy lifestyle. Supportive organisations and professionals are important sources of support for all mothers. This sheet suggests reputable and trustworthy organisations and supports that have telephone services and websites for families.

Counselling services

- **Relationships Australia (1300 363 277):**

Provides relationship support.

- **Carers Australia (1800 242 636):**

Short-term counselling and support for carers and their families.

- **Carers Gateway (1800 422 737):**

Navigation site for carers.

- **Lifeline (13 11 14):**

24 hour crisis and suicide prevention line.

- **1800RESPECT (1800 737 732):**

Counselling and referral for people experiencing sexual assault or family violence.

Apps

- **Smiling Mind:**

<https://www.smilingmind.com.au/>

- **Stop, Think and Breathe:**

<https://www.stopbreathethink.com/>

- **WorryTime**

- **My Quit Buddy**

Websites

- **Carers Australia:**

<http://www.carersaustralia.com.au>

- **Carers Gateway:**

<https://www.carergateway.gov.au/>

- **Association for Children with a Disability:**

<https://acd.org.au>

- **EACH:** <http://www.each.com.au/services/>

- **Lifeline:** www.lifeline.org.au

- **Beyond Blue:**

<https://www.beyondblue.org.au/>

- **Black Dog Institute:**

www.blackdoginstitute.org.au

Online learning programs

- **MindHealthConnect:**

<http://www.mindhealthconnect.org.au>

- **This Way Up:** <http://thiswayup.org.au>

- **OnTrack:** www.ontrack.org.au

- **ReachOut.com:**

<http://au.reachout.com>

Other supports

- your family and friends
- your GP
- any other healthcare professional you see.

So what can I do?

If you are ever feeling stressed and need someone to talk to or need some information, don't be afraid to reach out to one of these organisations to seek the help you need. Your general practitioner will also direct you to local professional support.

*'I've become aware that I can do better in terms of how I feel about myself and my overall physical and emotional well-being. So I'm looking at empowering myself to explore options and act to help myself.'*⁵

Visit our website at <http://www.healthymothers-healthyfamilies.com/> for more information.

Reference 5: See Fact Sheet 13 for full list of references.