

Social and emotional wellbeing - Resources for health professionals

- Beyond Blue – [Mental health conditions in children](#)
- [Kids Matter](#) : Australian mental health and wellbeing initiative set in primary schools and early childhood education and care services
- Kids matter : [Understanding mental health in early childhood](#)
- [Weave](#) – Women and Children’s Centre offering casework support for women with children aged 0 to 12 living in the City of Sydney LGA around a range of issues including housing and homelessness, drug and alcohol, parenting, and mental health. Indigenous specific support is available.
- [Karitane](#) – Charity organisation providing education and support to new parents around sleep and settling, establishing routines, feeding and nutrition, toddler behaviour and pre- and post-natal anxiety and depression.
- [Bernados Australia](#) – Child protection charity supporting families and in promoting child safety, and preventing abuse and trauma.
- [Family Referral Service \(FRS\)](#) – Links vulnerable children in need of assistance, and their families, with the most appropriate available support services in their local areas