

What is Head to Health?

It is a new website called Head to Health and may be of interest to all our parents and carers:
www.headtohealth.gov.au

Head to Health is a new Australian Digital Mental Health Resource. It helps to find useful information, resources and services that most suit your needs. Whether you want to improve your child's (or your own) overall sense of wellbeing, this site is ideal as Head to Health can point you in the right direction for great online mental health resources compiled from over 370 mental health services and resources funded by the Australian Government.

This one-stop shop site will give you access to FREE or low-cost apps, online support communities, parent courses and resources for parents, carers, friends and relatives.