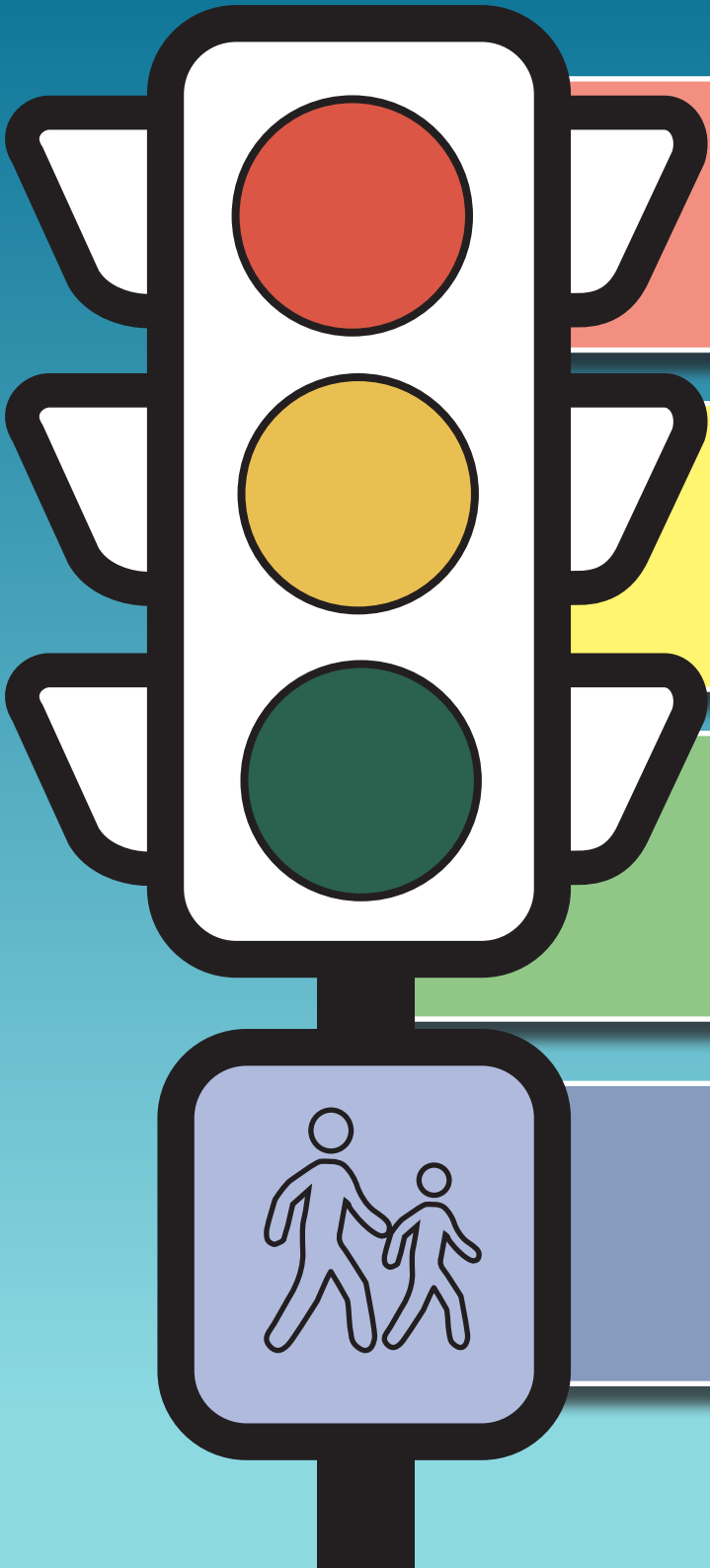




URGENT HELP NEEDED. SEVERE DISTRESS,
SELF-HARM OR TALK OF SUICIDE.

- Prolonged emotional and psychological distress
- Talking about hurting themselves
- Talking about suicide or death
- Having drastic changes in mood or personality
- Displaying out of control behaviours
- Having severe exhaustion, ongoing loss of interest and engagement
- Obsessing over body weight and body image and participating in unsafe eating behaviors

THERAPY SUPPORTS NEEDED.
MENTAL HEALTH CHALLENGES
FOR LONGER THAN 3 MONTHS.

- Excessive worry or panic
- Social anxiety or separation anxiety when separated from care giver
- Defies age-appropriate behaviors or norms
- Frequent sleep disturbances including nightmares
- Unusual impulsivity or agitation
- Low self-esteem or negative self-talk
- Angry or aggressive outbursts
- Frequent crying

HEALTH PROFESSIONAL AND CARER SUPPORT
CONNECTIONS NEEDED. POOR MENTAL HEALTH
FOR MORE THAN 2 WEEKS.

- Fearful or worried
- Losing temper easily
- Having trouble eating or sleeping
- Not wanting to participate in activities they were previously interested in
- Increased tiredness
- Changes in self-talk such as consistently thinking "I can't do this"
- Avoiding some social situations

STEPS TOWARDS SOCIAL CONNECTIONS
AND LEARNING ABOUT MENTAL HEALTH.
SUPPORTS FOR YOU AND YOUR
CHILD'S WELLBEING.

- Significant changes in family dynamic or home adjustments
- Experienced traumatic childhood events
- Awareness of bullying in school environment
- Reports of social media pressures
- Reports of cyber bullying
- Children of parents with mental illnesses
- Children with underlying health conditions and learning disabilities

HOW TO USE THIS GUIDE:

- Pay attention to changes in how your child is behaving, how they express their feelings, and what you may be seeing or hearing.
- Use this information to decide which section of the traffic light best describes your child's mental health at this time.
- Call 000 if in an emergency.
- Remember to use the map key to retrieve the location and contact details for services within your local area. The names of each service are on the map.
- Within the traffic light system, you will be able to access any service within and below the coloured stage your child presents in (e.g., if your child is in the yellow stage, you can access services within the yellow, green and blue sections).



FREE additional resources
on childhood milestones
can be found by scanning
this QR code.

www.raisingchildren.net.au

Scan this QR code to
download the current
roadmap and other
local resources



AN INITIATIVE BY
UNIVERSITY OF
SOUTH AUSTRALIA
& ENHANCE BAROSSA
MENTAL HEALTH

BAROSSA
ROADMAP TO
WELLBEING
SUPPORT

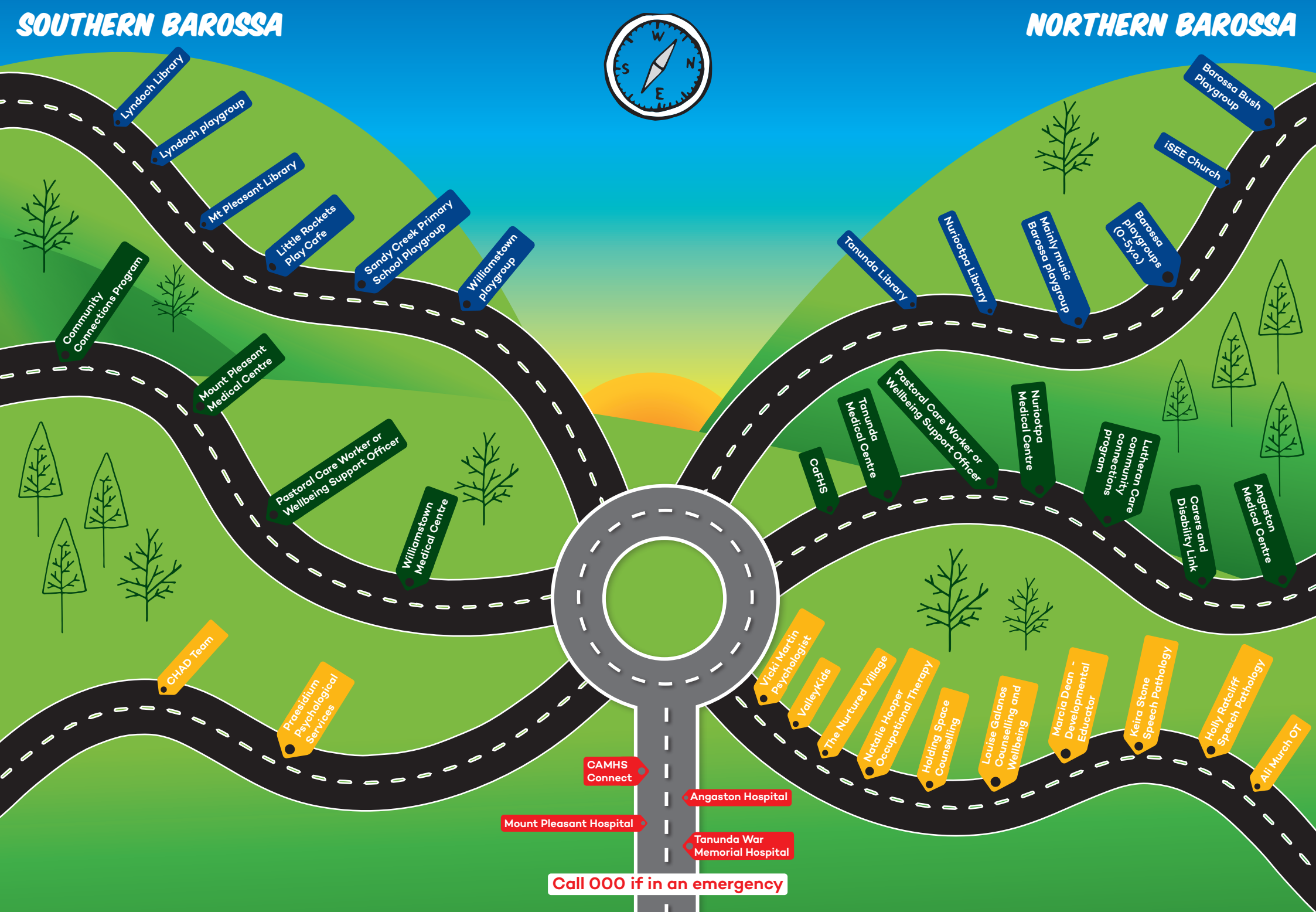


UniSA and Enhance Barossa Mental Health
acknowledge the Peramangk, Ngadjuri
and Kaurna people as the Traditional Custodians
of the land on which this project was completed.

INCREASING ENGAGEMENT WITH LOCAL
SERVICES AND SUPPORT NETWORKS FOR
0 TO 12 YEAR OLDS AND THEIR CARERS
IN THE BAROSSA COUNCIL TO ENHANCE
MENTAL HEALTH AND WELLBEING.

SOUTHERN BAROSSA

NORTHERN BAROSSA



ALL BAROSSA

Barossa Libraries (Parenting & Family Activities)
Lyndoch, Mount Pleasant, Nuriootpa, Tanunda
✉ library@barossa.sa.gov.au
☎ (08) 8563 8440

Elsie Ey Children's Centre
Barossa Playgroups (0-5y.o.)
Community Development Coordinator
☎ 0437 937 172 ☎ 8522 1900
✉ dhs.communitydevelopmentcoordinators@sa.gov.au

CaFHS (Child and Family Health Services) (0-5y.o.)
☎ 1300 733 606
🏠 Corner First and Second Street, Nuriootpa SA, 5355
🌐 cafhs.sa.gov.au

Carers and Disability Link
☎ (08) 8562 4000
🏠 15 Second Street, Nuriootpa SA, 5355

Carers SA - Carer Gateway Provider
☎ 1800 422 737

Lutheran Care
Community Connections Program (Parent Support)
☎ (08) 8562 2688
🏠 109-111 Murray Street, Tanunda SA, 5352 (off Macdonnell St)

School Pastoral Care Worker or Wellbeing Support Officer
Child Health and Development (CHAD) Team* (0-7y.o.)
☎ 1800 944 912
🏠 Pfeiffer House, 15 Mill Street, Tanunda SA, 5352

CAMHS Connect (Severe Mental Illness)
☎ 1300 222 647
👤 GP Referral preferred

SOUTHERN BAROSSA

LYNDOCH

Praesidium Psychological Services
☎ (08) 8524 5074
✉ admin@praesidiumpsych.com.au
🏠 27 Gilbert Street, PO Box 823, Lyndoch SA, 5351

MOUNT PLEASANT

Mount Pleasant Medical Centre
☎ (08) 8568 0000
🏠 28 Hospital Road, Mount Pleasant SA, 5235

Mount Pleasant Hospital
☎ (08) 8568 0000
🏠 28 Hospital Road, Mount Pleasant SA, 5235

WILLIAMSTOWN

Williamstown Medical Centre
☎ (08) 8524 6122
🏠 27 Queen Street, Williamstown SA, 5351

NORTHERN BAROSSA

ANGASTON

Angaston Medical Centre
☎ (08) 8564 2266
🏠 46 Murray Street, Angaston SA, 5353

Vicki Martin Psychologist
✉ v.martin@yourpsychologist.com.au
🏠 Angaston SA, 5353

Angaston Hospital
☎ (08) 8563 8500
🏠 29 North Street, Angaston SA, 5353

NURIOOTPA

iSEE Church
Community & Family Centre (Mon & Wed)
☎ 7522 5803
🏠 7 Siegersdorf Road, Nuriootpa SA, 5355

Little Rockets Play Cafe
☎ (08) 8565 7727
🏠 22/1 Murray Street, Nuriootpa SA, 5355

Mainly Music Barossa (0-5y.o.)
📺 /MainlyMusicBV
🌐 mainlymusic.org/pages/join-a-group

Barossa Valley Medical and Specialist Centre
☎ (08) 7089 8322
🏠 15 Tanunda Road, Nuriootpa SA, 5355

Nuriootpa Medical Centre
☎ (08) 8562 2444
✉ manager@nuridocs.com.au
🏠 6 Memorial Drive, Nuriootpa SA, 5355

Holding Space Counselling
☎ 0447 103 146
✉ hello@holdingspace.net.au
🏠 10 Second Street, Nuriootpa SA, 5355

Keira Stone Speech Pathology
☎ 0431 227 783
✉ admin@keirastonespeechpathology.com
🏠 53 Murray Street, Nuriootpa SA, 5355

Louise Galanos Counselling
☎ 0433 601 041
✉ louseg.counselling@gmail.com
🏠 10 Second Street, Nuriootpa SA, 5355

Marcia Dean - Development Educator
☎ 0480 148 631
✉ admin@growyourownway.com.au

Natalie Hooper Occupational Therapy
☎ (08) 8562 2005
✉ natalie@nhot-services.com.au
🏠 712 Research Road, Nuriootpa SA, 5355

The Nutured Village
☎ 0481 289 296
✉ thenuturedvillage.co
🏠 44a Murray Street, Nuriootpa SA, 5325

ValleyKids Occupational Therapy and Physiotherapy
☎ 0422 387 331
🏠 37 Old Kapunda Road, Nuriootpa SA, 5355

TANUNDA

Tanunda Medical Centre
☎ (08) 8563 2777
🏠 13 Mill Street, Tanunda SA, 5352

Ali Murch OT
☎ (08) 7522 5015
🌐 alimurchot.com.au
✉ admin@alimurchot.com.au
🏠 2 Young Street, Tanunda SA, 5352

Play Therapy with Jodie
☎ 0417 856 837
🏠 12 John Street, Tanunda SA, 5352

Tanunda War Memorial Hospital
☎ (08) 8563 2398
🏠 15 Mill Street, Tanunda SA, 5352

Parenting Support

- parenting.sa.gov.au
- dhs.sa.gov.au/families-growing-together
- circleofsecurityinternational.com
- adultssupportingkids.com.au (ASK)

Additional Resources

- Ask Izzy: askizzy.org.au
- Barossa Cares: barossacares.com.au
- Child and Family Health Service (CaFHS): cafhs.sa.gov.au
- Health Direct: healthdirect.gov.au

- Head to Health: headtohealth.gov.au
- Kid's Helpline: 1800 55 1800 (Over 5y.o.)
- Parents for Change: facebook.com/parentsforchange.adelaide
- Parents Helpline: 1300 364 100 (0-5y.o.)

- Raising Children: raisingchildren.net.au
- Regional access counselling: 1300 032 186
- Smiling Mind app: smilingmind.com.au/smiling-mind-app
- Women's and children's hotline: 1300 364 100

*CHAD Team - only accessible for children ages 0-7 with developmental delay or additional health condition

RESOURCES FOR FAMILIES WITH CHILDREN AGED 0-5YRS

WEBSITES/APPS

‘Circle of Security’

🌐 circleofsecurityinternational.com

Videos and other resources for parents and health professionals about developing a secure attachment

‘Maggie Dent’

🌐 maggiedent.com

Education (including webinars and courses) on a plethora of parenting challenges with West Australian Parenting expert Maggie Dent

‘Hey Sigmund’ with Karen Young

🌐 heysigmund.com

Education, books and courses written by Child Psychologist Karen Young with a strong focus on Anxiety in kids and teens

‘The Brave Program’

🌐 brave4you.psy.uq.edu.au

An interactive, online program for the prevention and treatment of childhood and adolescent anxiety

‘Calm’ (website and mobile app)

🌐 calm.com

Website with sleep stories, mindfulness activities, calming music for people of all ages

‘Smiling Mind’ (website and mobile app)

🌐 smilingmind.com.au

Australian-based Mindfulness program for children and adults

‘Autism’website’

🌐 autismwhatnext.com.au

School TV, excellent list of resources for mental health, parenting (Bill G spoke to Jamie Cameron)

Justin Coulson

🌐 happyfamilies.com.au

Happy Families Parenting Books. 2023 release – “The Parenting Revolution”

Emerging Minds

🌐 emergingminds.com.au

Free resources and trainings for families and professionals to support children’s mental health

PHONELINES

‘ForWhen Helpline SA’

☎ 1300 242 322

Connecting new and expecting parents to mental health support from conception to 12 months after birth

PODCASTS

‘Parental as anything’ with Maggie Dent

Podcast series from parenting expert Maggie Dent, answering questions from listeners about a different parenting challenge each week.

‘How other Dad’s Dad’ with Hamish Blake

Podcast series in which Hamish talks about the joys and challenges of parenting with other well-known Aussie dads and learns from their experience.

‘Pop Culture Parenting’ with Dr Billy Garvey

Child-behaviour specialist Paediatrician Dr Billy Garvey uses examples of parent-child interactions in popular movies to explain children’s emotional development, and their parents’ role in assisting it.

Podcasts by Dr Stuart Shanker on self regulation rather than self control

neuroscience behind self regulation Dr Stuart Shanker, 5 steps. Ask why and why now.

You Tube by “Tim Gill on expanding children’s horizons”

Expanding children’s horizons as a way of reducing anxiety. Getting out more.

BOOKS

‘The Whole Brain Child’

by Dan Siegel and Tina Payne-Bryson

This book details 12 parenting strategies to nurture your child’s developing mind, written by two leading experts in the field.

‘No Drama Discipline’

by Dan Siegel and Tina Payne-Bryson

This book explains how to effectively discipline your child in a way that strengthens your connection, not weaken it.

RESOURCES FOR FAMILIES WITH CHILDREN AGED 5-12YRS

WEBSITES/APPS

‘Maggie Dent’

🌐 maggiedent.com

Education (including webinars and courses) on a plethora of parenting challenges with West Australian Parenting expert Maggie Dent

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‘The Brave Program’

🌐 brave4you.psy.uq.edu.au

An interactive, online program for the prevention and treatment of childhood and adolescent anxiety

‘Parenting strategies’

🌐 parentingstrategies.net

Guidelines for parents of school-aged children for prevention of depression and anxiety; Guidelines for school-reluctance or refusal

‘Smiling Mind’ (website and mobile app)

🌐 smilingmind.com.au

Australian-based Mindfulness program for children and adults

‘Calm’ (website and mobile app)

🌐 calm.com

Website with sleep stories, mindfulness activities, calming music for people of all ages

‘School TV’

🌐 faith.sa.edu.au/wellbeing/schooltv

School TV, excellent list of resources for mental health & parenting

‘The Resilience Project’ (website & mobile app)

🌐 theresilienceproject.com.au

Teaching gratitude, empathy and mindfulness. Focus on connection, purpose, kindness, emotional literacy and physical health

Dolly’s Dream

🌐 dollysdream.org.au/what-we-do

support and information re bullying – support line 0488881033, linked to Kids Line, 24/7

Emerging Minds

🌐 emergingminds.com.au

Free resources and trainings for families and professionals to support children’s mental health

The Early Years

🌐 education.sa.gov.au/early-years-app

Trusted information about child health, learning, development and wellbeing from birth to 5 years

PHONELINES

‘Womens and Childrens Gender Diversity Service’

☎ (08) 8161 7227

Up to 17 years of age

PODCASTS

‘Parental as anything’ with Maggie Dent

Podcast series from parenting expert Maggie Dent, answering questions from listeners about a different parenting challenge each week.

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