

SUPPORT FOR PARENTS WITH TEENAGERS IN CRISIS

The teenage years are a period of intense physical, intellectual and emotional growth which can be a demanding time for parents and caregivers.

Challenging and concerning behaviours from young people can include isolation/not leaving the room, not doing well at school/dropping out, addictions to online gaming/social media/alcohol and other drugs, social problems, not eating, not sleeping, lack of physical activity, lack of communication, mood swings, anger, unsafe sexual activities, risk taking, self-harm, suicidal thoughts and ideation.

If you are concerned about a young person a first step is to encourage them to visit a GP or go to headspace Alice Springs for an assessment. If the young person's symptoms are deemed moderate or higher risk they will be referred to the Child and Youth Mental Health Team as part of the Central Australia Health Service.

Whilst professional help is integral in assessing the level of support required, some teenagers refuse help or are hard to engage in therapeutic supports. This puts a lot of pressure on parents to help manage mental health and other issues. It can be an isolating experience and can impact on the whole of the family's wellbeing.

It is important parents reach out and seek help for their own mental health. Share concerns with family and friends, share experiences with other parents, see your GP and consider a mental health care plan, or check if your workplace has an Employee Assistance Program.

There are a range of services available to provide support including online and phone services where parents can access self-help information, community forums and counselling. There are a number of organisations in Central Australia that can also provide help.

The most important thing to remember is that you are not alone and many other parents are experiencing the same challenges. Reaching out to others, accessing support services and practising self-care are important strategies to support your own mental health during difficult times.



MHACA
Mental Health
Association of
Central Australia

Mental Health Association of Central Australia

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www.mhaca.org.au

[f](https://www.facebook.com/MentalHealthAssociationCentralAustralia) MentalHealthAssociationCentralAustralia

ONLINE AND CENTRAL AUSTRALIAN SERVICES AVAILABLE TO PROVIDE SUPPORT TO PARENTS



24/7 CRISIS SUPPORT SERVICES

Lifeline · 13 11 14 · lifeline.org.au

Lifeline text service (evenings) 0477 13 11 14

Beyond Blue · 1300 22 4636 · beyondblue.org.au

Suicide Call Back Service 1300 659 467

suicidecallbackservice.org.au

Call the **NT Mental Health** Line 1800 682 288 for advice from the Crisis Assessment and Support Team.

IN AN EMERGENCY OR HIGH-RISK SITUATION CALL 000



ONLINE SUPPORT SERVICES

ReachOut – parents.au.reachout.com

An online mental health organisation for young people and their parents. It offers practical support and self-help tools including a parent forum and a free counselling service.

Kid's Helpline – kidshelpline.com.au/parents

A free, confidential 24/7 phone and online counselling service for young people aged 5 to 25, with support services for parents including a Parentline (1300 30 1300 8am-10pm AEST everyday).

Headspace – headspace.org.au

Provides support to young people and their families through headspace centres, online and phone counselling services, vocational services and through a presence in schools.

Raising Children – raisingchildren.net.au

The website includes parenting videos, articles and apps created by Australian experts. Parents can sign up for regular newsletters with tips and advice.



CENTRAL AUSTRALIAN SUPPORT SERVICES

headspace Alice Springs

5/74 Todd Street, Alice Springs 8958 4544

headspace.reception@caac.org.au

headspace.org.au/headspace-centres/alice-springs

Free and confidential services for young people aged 12-25, for mental health, alcohol and other drugs counselling, and a doctor's clinic for physical and sexual health.

Mental Illness Fellowship of Australia NT

4-5/58 Reg Harris Lane, Alice Springs · 08 8953 1467

teamleader@mifant.org.au · mifant.org.au

MIFANT provides services for people with mental illness, their carers and families. MiTrack is a free service for children and youth who are at risk or experiencing early signs of mental illness.

Relationships Australia

5/11 Railway Terrace, Alice Springs 89504100

reception@ra-nt.org.au · nt.relationships.org.au

Offer a broad range of services to individuals and families including counselling, family dispute resolution, group courses and children's counselling.

Holyoake

21 Newland St, Alice Springs 08 8952 5899

receptionist@holyoake-alice.org.au

holyoake-alice.org.au

Education, information and counselling for families, individuals and young people affected by alcohol, drugs, gambling and other harmful behaviours.

Child and Youth Mental Health Team -

Central Australia Health Service

Suite G1B Centrepoint Building

12 Gregory Tce, Alice Springs 08 89515950

childyouthmhs.doh@nt.gov.au

A team that offers mental health assessment and treatment for children and young people 3-18 years of age who are experiencing moderate to severe mental health concerns with an integrated family focus.

A range of private counsellors and psychologists also provide services in Central Australia.

A comprehensive listing of NT community support services can be found at ntcommunity.org.au



The **Mental Health Association of Central Australia** provides psychosocial support services, NDIS services, suicide prevention and health promotion initiatives. MHACA client services are for adults, however MHACA's health promotion and suicide prevention programs are for the whole community.

MHACA is responding to an identified need in the community for better parent supports. If you would like more information or to express interest in a parent support group email **info@mhaca.org.au** or call **08 8950 4600**