

Media Release

The Hon James Merlino MP

Deputy Premier

Minister for Education

Minister for Mental Health



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SUPPORTING FAMILIES EXPERIENCING ANXIETY

Victorian parents and carers now have free access to dedicated online programs to support children experiencing anxiety, as part of the Victorian Government's latest mental health funding boost.

An investment of \$1 million will expand the *Triple P Positive Parenting Program* statewide, supporting more than 20,000 Victorian families whose children are facing anxiety – whether that's due to the pandemic or other triggers.

The program consists of three online modules aimed at parents of children aged 0-16 experiencing anxiety, anger and depression.

Triple P Online supports parents of children aged 0-12 years, *Teen Triple P Online* is targeted at parents of children 10-16 years old, and the brand new *Fear Less Triple P Online* is designed for parents whose children are aged 6-14 years old.

The *Fear-Less* program provides 24/7 tips, strategies and guidance for parents and carers on how to help their children manage their stress and become more emotionally resilient in challenging, uncertain times.

All the *Triple P* programs are translated into various languages, and are available for 12 months for any Victorian families who register online at triplep-parenting.net.au.

The investment is part of a new \$22 million package that is already delivering fast-tracked, tailored mental health and wellbeing care to Victorians in their own communities – reducing the burden on our emergency departments as the number of coronavirus patients grows.

As students begin to return to school from this week, the Victorian Government has also completed its rollout of a dedicated mental health practitioner in every government secondary school and specialist school across Victoria – a year ahead of schedule.

On top of the \$247 million already invested to support Victorians' mental health throughout the pandemic, the Government has invested \$28.5 million in specific school-based measures to keep students healthy and safe.

Work to reform the state's mental health services is well underway, with a record \$3.8 billion allocated in the *Victorian Budget 2021/22* to deliver every single recommendation of the Royal Commission into Victoria's Mental Health System, and build a system that works for every Victorian.

Quotes attributable to Minister for Mental Health James Merlino

"There is no doubt that the pandemic has been profoundly challenging for many young people, which can be really challenging for their families – this immediate support will give every parent or carer the tools they need to cope with extra stress."

"Whether it's new community mental health facilities or dedicated mental health practitioners in schools, we're making sure our recovery from the pandemic doesn't leave a single Victorian child behind."