



## Family help kit

### Topics covered:

- 1) Child and adolescent mental health problems
- 2) Challenging behaviours
- 3) Grief and loss
- 4) Fears and anxiety
- 5) Post Traumatic Stress
- 6) Depression
- 7) Suicide prevention
- 8) Psychosis
- 9) Body image and eating disorders

**Duration:** 57:25

**Format:** CD

**Available in the following languages:** Arabic, Cantonese, Croatian, English, Hindi, Greek, Italian, Korean, Macedonian, Mandarin, Serbian, Spanish, Tagalog, Tongan, Turkish & Vietnamese.

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## Health and wellbeing of older people

### Topics covered:

- 1) Life changes
- 2) Emotional health
- 3) Support programs and services

**Duration:** 31:28

**Format:** CD

**Available in the following languages:** Arabic, Cantonese, Croatian, Dutch, English, German, Greek, Italian, Macedonian, Maltese, Polish, Russian, Serbian, Spanish & Vietnamese

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## Family Help Kit

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## Health and Wellbeing of Older People

*Languages available:*

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