

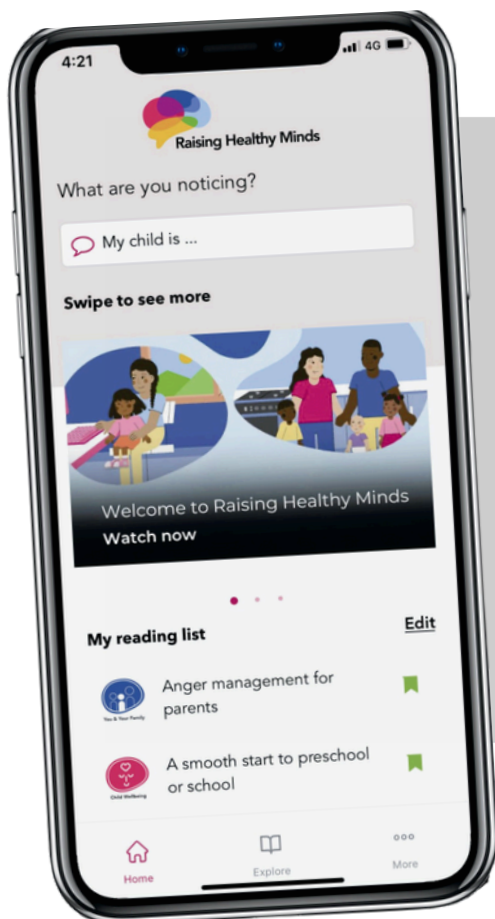


**Raising Healthy Minds**

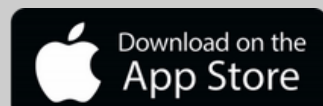
## Do you have a question about your child's emotions, behaviours and wellbeing?

The Raising Healthy Minds app is a FREE, personalised pocket resource to help you raise confident, resilient children.

Co-designed with parents and experts and funded by the Australian Government, the app offers a mix of quick-read articles, videos and animations designed to support your child's social and emotional wellbeing from birth to age 12.



**Download the app from Google Play or the App Store**



Find out more about Raising Healthy Minds at [raisingchildren.net.au/rhm](http://raisingchildren.net.au/rhm)