



Are you the parent of a 4- to 12-year-old?

You and your child are invited to participate in a research study testing Healthy Minds Happy Hearts, a FREE online child mental health screening and support program.

This program aims to help parents understand if their child may be experiencing emotional or behavioural difficulties, and find appropriate support.

What will participation involve?

You and your child will be randomly assigned to one of two groups.

- Families in the Healthy Minds Happy Hearts group, will receive the full program straight away.
- Families in the Standard Care group will be able to access the full Healthy Minds Happy Hearts program after 12 weeks.

Parents and children will complete three online surveys – one at the beginning of the study, and two follow-ups, 6 and 12 weeks later.

Participating families will go into the draw to win gift cards!

To find out more visit <https://redcap.unisq.edu.au/surveys/?s=EHKYHW4CRW9WYMLR> or scan the QR code.

Please contact the research team at healthymindshappyheart@unisq.edu.au if you have any questions.

This project has been approved by the UniSQ Human Research Ethics Committee (ETH2025-0479).