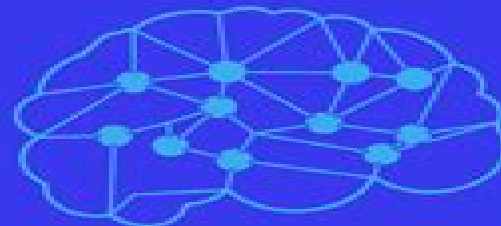


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Figuring out who you can trust and how to pay for  
counseling can be confusing and frustrating.



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# Navigating The Mental Health Internet

**Pasquale De Marco**



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challenges and opportunities technology presents in modern parenting This insightful guide offers practical advice for mothers to manage their children s screen time utilise digital tools for education and promote healthy online behaviours From protecting mental health to fostering meaningful family connections through technology this book provides strategies for balancing digital life with traditional parenting values Mothers will learn how to navigate the complexities of raising kids in a tech driven world while ensuring their children s well being and growth are prioritised

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*Service Navigation* Jennifer Davidson,Ralph Hampson,Marie Connolly,2020-03-12 This exciting new book is the first of its kind to offer an analysis of Service Navigation and provide a framework for understanding the role and its application across a range of fields of practice With an emphasis on the participation of individuals in their own care it directly addresses the recent changes in policy and service development in health and human services including the introduction of the National Disability Insurance Scheme Developed by a team of experts at one of Australia s leading universities this unique text helps social workers nurses and allied health workers navigate the various systems that the service user has to use to become responsible for managing their own care arrangements and to help them to achieve their desired goals

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