



Ms Annette Michaux
Director
Parenting Research Centre

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To the Royal Commission into Victoria's Mental Health System

Submission topic – Parenting Today in Victoria survey Mental Health Brief

We are pleased to submit a research brief arising from the 2016 Parenting Today in Victoria survey. This survey was conducted by the Parenting Research Centre and funded by the Victorian Government Department of Education and Training.

The Parenting Research Centre aims to help children thrive by driving new and better ways to support families in their parenting. We do this through working with government departments and agencies who work with and provide services to families.

The Parenting Today in Victoria Survey was the first comprehensive survey of Victorian parents and included 2,600 participants. It asked them about their concerns, needs and behaviours.

The Mental Health Brief reports findings relevant to parental mental health and it has implications for driving policy decisions and improving support to families, particularly those experience poor mental health.

Thank you for the opportunity to make this submission.

Sincerely

A handwritten signature in black ink, appearing to be "A. Michaux", written over a faint horizontal line.

Ms Annette Michaux
Director