



A Brighter Future for Women and Girls



Did you know?

1 in 2

women in Australia live with a mental health condition¹

85%

of parents and caregivers report stress, anxiety, or other challenges²



Women carry a disproportionate share of unpaid caregiving, impacting both their mental and physical health²

¹Liptember Foundation (2025), ²Ervin et al. (2023); Smiling Mind State of Mind Report (2024).

Behind these statistics are real women and girls navigating stress, exhaustion, and mental load —often without the support they need.

It's time to break down barriers to mental health support for women and girls. We're responding to their unique needs and experiences with accessible, tailored tools to build lifelong mental fitness in the free Smiling Mind App.

Recharge Guide for Parents

Practical strategies for rest, relaxation, and wellbeing.

Connection Guide for Parents

Skills to strengthen self-connection, family bonds, and social belonging.

Explore the programs, share feedback, and help us shape a brighter future for women and girls across Australia.



Scan the QR code to learn more

