

Self-help Resources



State-specific parenting services:

New South Wales

Parentline NSW: Provides counselling, phone support and referrals to parents requiring assistance. This resource is free and can be accessed by any parent living in NSW with a child aged 0-18 years.

Phone: 1300 1300 52

Website: <https://parentline.com.au/>

Karitane: This resource provides support and education for parents with a child aged between 0-5 years. They offer in-centre, online, and over-the-phone services

Karitane Careline: 1300 CARING or 9794 2350

Website: <https://karitane.com.au/>

Tresillian: Offers residential, in-person, online, and over-the-phone support. This resource is available to NSW parents. Parents can self-refer to gain access to Tresillian resources.

Parent's Helpline: 1300 272 736

Website: <https://www.tresillian.org.au/>

