

Self-help Resources



State-specific parenting services:

Tasmania

Walker House: This is a parenting centre with two locations throughout Tasmania (Newham & Burnie). Walker House offers residential intensive parenting support for families experiencing parenting difficulties. Support is provided for parents with a child aged 0-5 years.

Phone: 1300 064 544

Anglicare Tasmania: Offers a range of mental health resources for parents and families including counselling and parenting courses. Services differ based on whether you are located in South, North, or North-West Tasmania. Phone for information on resources closest to you.

Phone: 1800 243 232

Website: <https://www.anglicare-tas.org.au/>

Parentline offers 24-hour information and confidential phone support and WebChat counselling and support for parents and carers of children in Tasmania.

Phone: 1300 808 178

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

Wanslea: Phone or visit the website to locate a range of online and in-person services to support parents and carers in Tasmania.

Phone: (08) 9245 2441 (Monday-Friday from 9am-5pm)

Website: www.wanslea.org.au

