

Self-help Resources



State-specific parenting services:

Western Australia

Ngala: Provides support for all carers to enhance their parenting skills and coping capacities, while providing a space to discuss the challenges of parenting. Supports offered include: parenting groups, parenting workshops, day stay programs and overnight stay programs. Ngala also offers a helpline to provide information, advice and support:

Phone: (08) 9368 9368 (Perth callers) or 1800 111 546 (Regional callers)
(7 days a week from 8 am-8 pm)

Website: <https://www.ngala.com.au/>

Anglicare WA: Offers a range of mental health resources for parents and families including counselling and parenting courses. Phone for information on resources closest to you.

Phone: 1300 11 44 46 (Monday to Friday from 8.30am - 4.30pm)

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

Wanslea: Call to locate a range of online and in-person services to support parents and carers on Western Australia.

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

Website: www.wanslea.org.au

