



# Parent Line NSW

**Parent Line counsellors are available to help with any of your parenting issues.**

Parent Line is a telephone counselling, information and referral service for parents of children aged 0 to 18 years who live in New South Wales. We can also provide support and information for professionals working with families.

Our counsellors can help with problems relating to young babies and children:

- Settling and feeding newborns and babies
- Toddler taming
- Managing child care and school transitions
- Support during family separation
- Managing stress and anxiety

Through to issues relating to teenagers:

- Teen mental health
- School and study issues
- Managing technology use
- Alcohol and drug use
- Strategies to build positive relationships

**Help when you need it.**

**Monday - Friday, 9am - 9pm**

**Saturday - Sunday, 4pm - 9pm**



**Parent Line NSW**  
**1300 1300 52**  
[Parentline.org.au](http://Parentline.org.au)