



ParentLine^{NSW}

Parent Line NSW provides free telephone counselling for parents and caregivers of children, aged 0 - 18 years.

Our team of experienced counsellors can help you with anything from:

- Settling, sleeping and feeding
- Questions about child development
- Managing challenging behaviour
- School issues
- Problematic technology usage
- Alcohol and drugs
- Strategies to build positive relationships
- Finding support around a child's disability

We're here for you, operating 7 days a week.



1300 1300 52

parentline.org.au

**9am - 9pm, Mon - Fri
4pm - 9pm, Sat & Sun**