



# Parent Line NSW

Help when you need it

CALL US  
**1300 1300 52**

Parent Line NSW provides free telephone counselling for parents and carers with children aged 0 – 18 years. We can help with anything from:

- Settling, sleeping and feeding
- Managing challenging behaviour
- School issues
- Problematic technology usage
- Alcohol and drugs
- Strategies to build positive relationships

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9am – 9pm Monday to Friday

4pm – 9pm Weekends

[info@parentline.org.au](mailto:info@parentline.org.au)

[parentline.org.au](http://parentline.org.au)

