



**Supporting you  
to support them**



Parent Line is a telephone counselling, information and referral service for parents and caregivers of children, aged 0 to 18 years, living in New South Wales.

We also provide support and information for professionals working with families, children and teenagers.

Our expert counsellors can help parents and carers with concerns relating to children and teenagers, including:

- teen mental health
- school and study issues
- managing technology use
- alcohol, vaping and drug use
- managing stress and anxiety

*Parent Line's telephone counselling operates 7 days a week, from Monday to Friday (9am to 9pm) and Saturday & Sunday (4pm to 9pm).*

**Call us on 1300 1300 52**  
or visit [parentline.org.au](https://parentline.org.au)

**CatholicCare**  
SYDNEY

