



Parent Line counsellors can help with everything from:

- teen mental health
- school and study issues
- managing technology use
- alcohol and drug issues
- strategies to build positive relationships



Parent Line NSW
1300 1300 52
Parentline.org.au



✉ info@parentline.org.au

🕒 9am-9pm weekdays | 4pm-9pm weekends



Parent Line counsellors can help with everything from:

- settling and feeding newborns and babies
- toddler taming
- managing child care and school transitions
- support during family separation
- managing stress and anxiety



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