



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](https://parentline.org.au)



✉ info@parentline.org.au

🕒 9am-9pm weekdays | 4pm-9pm weekends