



# ParentLine<sup>NSW</sup>

**A free telephone  
and online counselling  
support service**

for parents and carers with  
children aged 0 - 18 in NSW.



**1300 1300 52**



**parentline.org.au**

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





**Our experienced  
counsellors can  
help you with  
everything from:**

- ✓ children experiencing anxiety
- ✓ school and study issues
- ✓ managing technology use
- ✓ family separation
- ✓ strategies to build positive relationships



**1300 1300 52**



**parentline.org**