



Parent Line NSW

Parent Line counsellors are available to help with any of your parenting issues.

Parent Line has been providing support over the phone to families across NSW for over 25 years. Whether you live in Broken Hill, Brewarrina or Bourke, confidential and non-judgemental parenting support is just a phone call away

Our Parent Line counsellors are experienced, friendly and knowledgeable and available 7 days a week from 9am to 9pm weekdays and 4pm to 9pm weekends. We can help with everything from:

- settling newborns
- toddler tantrums
- questions or worries about your child's development
- friendship issues and bullying
- managing challenging behaviour and technology use
- worries about child and teen mental health
- helping your family during family separation
- Support and help for parents and carers to look after their own needs so they can raise happy and healthy children

Call us on **1300 1300 52**. If you are worried about the cost of a call you can ask us to call you back or message us on [facebook @parentlinenewsouthwales](https://www.facebook.com/parentlinenewsouthwales) for an online chat or to request a call.

Help when you need it.

Monday - Friday, 9am - 9pm

Saturday - Sunday, 4pm - 9pm



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[Parentline.org.au](https://www.parentline.org.au)

