

IMMEDIATE RISK/CRISIS:

- Phone emergency services “000”.
- Lifeline: 13 1114. Lifeline is a confidential telephone crisis support service available 24/7 from a landline, payphone or mobile. Anyone across Australia experiencing a personal crisis or thinking about suicide can contact Lifeline
- Mental Health Line 1800 011 511. The Mental Health Line is a 24-hour telephone service operating seven days a week across NSW. We are unable to provide treatment for people who are acutely psychotic, suicidal, in a life-threatening situation or in immediate risk of harm or crisis. We recommend you use the Mental Health line to speak with a mental health professional about their symptoms and be connected with appropriate care.

NATIONAL SUPPORT SERVICES FOR SEXUAL ASSAULT, DOMESTIC FAMILY VIOLENCE COUNSELLING SERVICE

- 1800 RESPECT, **1800 737 732** - National Sexual Assault Domestic and Family Violence Counselling Service.
- Lifeline- 24/7 service lifeline.org.au, 13 11 14
- NSW Rape and Domestic Violence Service Australia/Rape Crisis, **1800 424 017** – provide telephone and online crisis counselling for people who've experienced sexual assault, sexual violence, rape or domestic or family violence.
- NSW Domestic Violence Line, **1800 65 64 63** – for referral or information about domestic violence (including accommodation and legal) support services for those who identify as female.
- Men's Line Australia, **1300 78 99 78**, is a telephone and online counselling services offering support for Australian men. It has professional counsellors available 24 hours a day, seven days a week, providing confidential and anonymous information and support for a range of issues including for men who are experiencing domestic and family violence.
- Qlife, **1800 184 527** 3pm-midnight, everyday for LGBTIQ people.
- Relationships Australia 1300 364 277
- National Disability Abuse and Neglect Hotline 1800 880 052

HELPFUL CONTACTS FOR CHILDREN



Kids Helpline
1800 551 800
www.kidshelp.com.au

Youthbeyondblue
1300 224 636

Reachout
au.reachout.com

Headspace
www.headspace.org.au

HELPFUL CONTACTS FOR PARENTS



ParentWorks

ParentWorks is Australia's first free, national, father-friendly online parenting program, and is one of a range of innovative national strategies aimed at enhancing engagement of fathers in evidence-based interventions for childhood conduct problems which is being initiated by the *Like Father Like Son* project. The overall project, which is funded by the Movember Foundation, aims to increase the rate of engagement of fathers in evidence-based parenting interventions at a National level. ParentWorks is an interactive internet-based program with five to eight 20-30 minute video modules, which parents complete over a period of 4-8 weeks in their own home and at their own pace.

[Click here to find out more.](#)

Parent Line - 1300 1300 52



24 hour phone advice and information for all parents of children 0-18 years of age living in NSW

[Click here to find out more](#)



Kids Helpline - 1800 55 1800

Kids Helpline is a free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25. Young people can access Kids Helpline 24 hours a day, 7 days a week.

[Click here to find out more](#)

Child Protection Hotline - 132 111

To report suspected child abuse or neglect, call the Child Protection Helpline (24 hours/7 days) on 132 111.





Families NSW

Families NSW is the NSW Government's overarching strategy to enhance the health and wellbeing of children up to 8 years and their families.

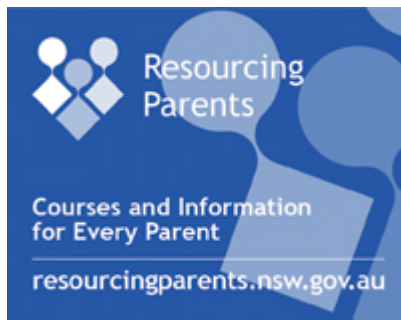
[Click here to find out more](#)



Family and Community Services

The Department of Family and Community Services delivers to some of the most disadvantaged individuals, families and communities in NSW.

[Click here to find out more](#)



Resourcing Parents

Resourcing Parents was established to provide parenting education information and support to the parents and carers of children aged 0-18.

[Click here to find out more](#)

Beyond Blue

Beyond Blue is an Australian organization that provides information about depression to consumers, carers and health professionals.