



## Parenting resources

### Defence Community Organisation

**There are a range of reputable national and local websites, phone numbers and organisations that provide information and support to parents.**

#### **NATIONAL RESOURCES**

Raising Children Network  
[raisingchildren.net.au](http://raisingchildren.net.au)

Better Health Channel  
[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

Health Direct Australia  
[www.healthdirect.gov.au](http://www.healthdirect.gov.au)

Tresillian Family Care Centres  
[www.tresillian.net](http://www.tresillian.net)

#### **AUSTRALIAN CAPITAL TERRITORY**

Parentline ACT Parenting Counselling Services | [www.parentlineact.org.au](http://www.parentlineact.org.au) | 02 6287 3833

#### **NEW SOUTH WALES**

Parentline NSW | [www.parentline.org.au](http://www.parentline.org.au) | 1300 1300 52

Karitane Care Line | [karitane.com.au](http://karitane.com.au) | [www.mybabyandme.org.au](http://www.mybabyandme.org.au) | 1300 227 464

Tresillian Parent Help Line | [www.tresillian.net](http://www.tresillian.net) | 02 9787 0855 | 1800 637 357

#### **NORTHERN TERRITORY**

Parentline | [www.parentline.com.au](http://www.parentline.com.au) | 1300 30 1300

#### **QUEENSLAND**

Parentline | 1300 30 1300  
13 HEALTH | 13 43 25 84

#### **SOUTH AUSTRALIA**

Parent Helpline | [www.parenting.sa.gov.au/helpline](http://www.parenting.sa.gov.au/helpline) | 1300 364 100

#### **TASMANIA**

Parenting Line Tasmania | 1300 808 178

#### **VICTORIA**

Parentline Victoria | 13 22 89  
Maternal and Child Health Line | 13 22 29

#### **WESTERN AUSTRALIA**

Parenting WA Line | 08 6279 1200 or 1800 654 432

Grandcare Information service for grandparents | 1800 008 323

Ngala Helpline | [www.ngala.com.au](http://www.ngala.com.au) | 08 9368 9368 | 1800 111 546

