

Holiday Support Services

For Parents & Carers

ParentLine - 1300 1300 52

Parent Line is a free telephone counselling and support service for parents and carers with children aged 0 to 18 who live in NSW.

ReachOut One-on-One Support

<https://parents.au.reachout.com/one-on-one-support>

A free coaching service for parents and carers
Create clarity and increase confidence to support your teen through a tough time.

BeyondBlue - 1300 22 4636

<https://healthyfamilies.beyondblue.org.au/age-13/mental-health-conditions-in-young-people/how-to-talk-about-mental-health>

Tips on how to talk about mental health with your young person

Head to Health

<https://www.headtohealth.gov.au/>

Provides a national mental health resource and service directory for yourself or your young person.

Raising Children

<https://raisingchildren.net.au/>

For tips and advice around a range of topics that can assist parents in supporting young people.

EPIC (Empowering Parents in Crisis)

EPIC is a community building peer support platform for parents and carers of teens in crisis by parents and carers of teens in crisis.

You can sign up to the community here:

https://www.empoweringparentsincrisis.com/join-epic-community?mc_cid=3d83a35746&mc_eid=35ca88522f