

Parent Resources & Support

Below is a list of support services for parents. These agencies are committed to offering advice and resources for a range of concerns.

Parentline	Parentline is a free phone service (8am – midnight) for parents and carers of children from birth to 18 years old. They offer confidential and anonymous counselling as well as support on parenting issues 7 days a week (including public holidays)	13 22 89 parentline.com.au
Raising Children	Raising Children provides evidence-based, independent, and free information for parents and professionals working with families. They provide practical tips and tricks for a range of concerns including behaviour, development, health, sleep, nutrition, mental health, safety, disability and much more. Raising Children also provide advice on self-care for parents, grandparents, and carers. They have resources specifically for Aboriginal and Torres Strait Islander families as well as culturally and linguistically diverse, blended, rainbow and same-sex families for those who require it.	raisingchildren.net.au
Beyond Blue	Beyond Blue provide information and advice about parenting a young person with mental health concerns and support options available for parents. They promote the need for parents and carers to look after their own mental health and support so that they can best support their young person. Have a look at the pages titled: Parenting and Mental Health & Raising a Teen and Mental Health.	1300 224 636 beyondblue.org.au

Strengthening Parent Support Program

The Strengthening Parent Support Program is for parents and carers with a child up to the age of 18 with a disability or developmental delay. This free program assists parents to connect with other families and local community through peer support groups, education or information sessions, and individual support from a qualified coordinator.

services.dffh.vic.gov.au/strengthening-parent-support-program

**The program is offered at various times during the year and in various locations. Visit the website for more details.*

Tuning Into Teens

Tuning Into Teens is a six session (2 hours long) parenting program to help parents develop emotional intelligence for their teen. Key areas discussed are:

- Communicating more effectively with your teen
- Understand your teen better
- Help your teen to manage those difficult emotions
- Help to prevent behavioural issues in your teen
- Teach your teen how to deal with conflict more effectively.

The program is sometimes offered by other schools. You are welcome to join even if the school offering the program is not the school your young person attends.

In person:
headspace.org.au

Online:
berrystreet.org.au

**The program is offered at various times during the year and in various locations. Visit the websites listed for more details or google search for Locations.*

Orange Door

Orange Door provides help for parents and carers who need assistance with the care and wellbeing of children and young people. The network can connect people to a range of services that provide ongoing safety and wellbeing supports.

1800 354 322
orangedoor.vic.gov.au