



Help for children up to 15 years

If you have an emergency call 000 or
if you are distressed call Lifeline on 13 11 14

Other 24/7 crisis lines are:
Child Protection Helpline 132 111
Kids Helpline 1800 551 800

Connect with services specifically designed to assist children of all ages.

Children with challenging behaviour:

Parent Line NSW counsellors provide telephone or online counselling for parents to understand and manage challenging child behaviour. Call **1300 1300 52**.

Children's counselling:

Children, under the care of a parent or guardian, who may need counselling to cope with trauma, anxiety, depression, stress, behaviour difficulties, mental health concerns or other individual issues.

Parent education courses:

Courses that help parents build stronger relationships with their children.

Children coping with substance use in their family:

Groups that help build resilience in children living in a family where there are concerns about alcohol or drug use.

Child protection concerns:

Assistance in situations regarding children's safety.

Child sexual assault services:

Counselling for children who have been sexually assaulted.

Support coordination for children living with a disability:

Support coordinators help parents of children with a disability manage their NDIS plans and find suitable services.

Child disability therapy:

Speech, nursing and occupational therapy services (fee for service, Medicare and NDIS funding).

Privacy Policy and Data Collection Notice

CCareline is here to help Sydney families with relationships, parenting, ageing, disabilities, addictions and mental health concerns.

✉ connect@catholiccare.org
🕒 8am - 8pm Monday - Friday

For help finding help, call

 **CCareline 13 18 19**