



Parenting help

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

Other 24/7 crisis line:
Health Direct 1800 022 222

Connect with professional parenting counselling, education groups and other support services.

Telephone and online counselling:

Parent Line provides parenting counselling by phone across New South Wales for parents with children 0-18 years. Call **1300 1300 52**.

Parent education courses:

Help for parents to build stronger relationships with their children.

Pregnancy counselling:

Phone and face-to-face pregnancy advice for young women and families.

Domestic and family violence:

Help for individuals if you're concerned about your own or someone else's use of violence or families that are impacted by domestic violence.

Alcohol or drug use:

Individual or group counselling for parents who are worried about their child's use of alcohol or drugs.

Financial stress:

Information, guidance and advocacy for people in financial distress who are at risk of or not able to pay bills or make repayments.

Face to face family support:

Assistance for parents who are experiencing difficulties impacting on their ability to parent. For example domestic violence, addictions, financial stress, mental health concerns and other issues.

Help for new parents:

Advice for parents with very young children.

Single parent support:

Practical and emotional assistance for single parents raising children alone.

Natural fertility:

Assistance for couples to manage their fertility naturally (using the Sympto Thermal Method).

Parents with children in out-of-home care:

Assistance for parents who have had children placed in out-of-home care.

Separation and divorce:

Counselling and support for adults and children dealing with family breakdown.

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**