

Trinity Education Support Services



TRINITY
GRAMMAR SCHOOL

Parent Resources

PARENTING RESOURCES

Raising Children Network | raisingchildren.net.au

The complete Australian resource for parenting newborns to teens. Information and discussion forums for Australian mothers, fathers, grandparents and anyone else who has responsibility for the care of children.

Resourcing Parents | resourcingparents.nsw.gov.au

Provides parenting education information to parents and carers of children aged 0 to 18 years. NSW websites, parenting resources and fact sheets.

parentingideas.com.au

Resources for parents including online courses, books, blogs and webinars.

parentworks.org.au

ParentWorks is a free online program for Australian parents and caregivers of children 2 to 16 years. It provides evidence-based parenting strategies to improve parenting skills, confidence and child behaviour.

Triple P | triplep-parenting.net.au

Triple P provides practical ways to develop skills, strategies and confidence to handle any parenting situation. It's backed by decades of research.

Pregnancy, Birth and Baby | pregnancybirthbaby.org.au | Phone: 1800 882 436

Available 24/7. Receive guidance on children's growth, behaviour and development, or talk to a counsellor for emotional support. Video call available 7am – midnight, 7 days (including public holidays).

Parentline | parentline.org.au | Phone: 1300 1300 52

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

MensLine Australia | mensline.org.au | Phone: 1300 78 99 78

24/7 national telephone and online support, information and referral service for men with family and relationship concerns. The service is available from anywhere in Australia and is staffed by professional counsellors experienced in men's issues.

Men and Family Relationship Services | familyrelationships.gov.au

Aims to help men and their family members to develop and maintain positive family relationships, especially at times of relationship change. Services are located in every state and territory in a range of rural, regional and metropolitan locations.



RELATIONSHIP RESOURCES

Family Relationships Online | familyrelationships.gov.au

Provides all families (whether together or separated) with access to information about family relationship issues, ranging from building better relationships to dispute resolution.

Relationships Australia | relationships.org.au

A leading provider of relationship support services for individuals, families and communities, with service providers in each Australian state and territory and a national office based in Canberra.

Family Relationship Advice Line | Phone: 1800 050 321

A national telephone service established to assist anyone affected by relationship or separation issues, including parents, grandparents, children, young people, step-parents or friends. Available 8am – 8pm Monday to Friday, and 10am – 4pm Saturday (except national public holidays).

MENTAL HEALTH RESOURCES

Lifeline | Phone: 13 11 44

24/7 confidential crisis support service available from a landline, payphone or mobile. Anyone across Australia experiencing a personal crisis or thinking about suicide can contact Lifeline.

Kids Helpline | Phone: 1800 55 1800

Resources for parents including online courses, books, blogs and webinars. Free, private and confidential, phone counselling service specifically for young people aged between 5 and 25 years of age. Website also includes information and support for parents. Available 24/7.

Beyond Blue | beyondblue.org.au | Support line: 1300 22 4636

Support and resources for concerns about depression and anxiety. 24/7 information and advice from a trained mental health professional.

SANE Australia | sane.org | Helpline: 1800 18 7263

Information about mental health and illness including treatment and support. Available 9am – 5pm weekdays.

Eheadspace | headspace.org.au/eheadspace | Phone: 1800 650 890

Counselling and support services for 12-25 year olds. Do not need to be attached to a headspace centre. Offer web chat, phone or text support.





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