Parenting resources
Defence Community Organisation

There are a range of reputable national and local websites, phone numbers and organisations that provide information and support to parents.

NATIONAL RESOURCES
Raising Children Network
raisingchildren.net.au

Better Health Channel
www.betterhealth.vic.gov.au

Health Direct Australia
www.healthdirect.gov.au

Tresillian Family Care Centres
www.tresillian.net

AUSTRALIAN CAPITAL TERRITORY
Parentline ACT Parenting Counselling Services | www.parentlineact.org.au | 02 6287 3833

NEW SOUTH WALES
Parentline NSW | www.parentline.org.au | 1300 1300 52


Tresillian Parent Help Line | www.tresillian.net | 02 9787 0855 | 1800 637 357

NORTHERN TERRITORY
Parentline | www.parentline.com.au | 1300 30 1300

QUEENSLAND
Parentline | 1300 30 1300
13 HEALTH | 13 43 25 84

SOUTH AUSTRALIA

TASMANIA
Parenting Line Tasmania | 1300 808 178

VICTORIA
Parentline Victoria | 13 22 89
Maternal and Child Health Line | 13 22 29

WESTERN AUSTRALIA
Parenting WA Line | 08 6279 1200 or 1800 654 432
Grandcare Information service for grandparents | 1800 008 323
Ngala Helpline | www.ngala.com.au | 08 9368 9368 | 1800 111 546