



Seen the Further Resources and Support Services



Parenting Support

Parent TV

<https://parenttv.com/>

Maggie Dent

<https://www.maggiedent.com/>

Circle of Security

<https://www.circleofsecurityinternational.com/>

Hand in Hand Parenting

<https://www.handinhandparenting.org/>

Dr. Vanessa LaPointe

<https://drvanessalapointe.com/>

Lael Stone

www.laelstone.com.au/

Emerging Minds

<https://emergingminds.com.au/families/>

Raising Children Network

<https://raisingchildren.net.au/>

Mental Health & Trauma Support

Lifeline

<https://toolkit.lifeline.org.au/>

Phoenix Australia

<https://www.phoenixaustralia.org/>

Black Dog Institute

<https://www.blackdoginstitute.org.au/>

Australian Trauma Support Centre

<https://atasc.net.au/>

Find a Help Line

<https://findahelpline.com/>

Beyond Blue

<https://www.beyondblue.org.au/>

Mensline

<https://mensline.org.au/>
1300 789 978

PANDA – Perinatal Anxiety & Depression Australia

<https://panda.org.au/>

Headspace

<https://headspace.org.au/>

ForWhen

<https://forwhenhelpline.org.au/>



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Relationship Support

Relationship Matters

<https://relationshipmatters.com.au/>

Relationships Australia

<https://www.relationships.org.au/>

Family Relationship Advice Line

<https://www.fral.org.au/>

1800 Respect

<https://www.1800respect.org.au/>

Family Relationships Online

<https://www.familyrelationships.gov.au/>
1800 050 321

Aboriginal and Torres Strait Islander Support

13Yarn

<https://www.13yarn.org.au/>

Yarn Safe

<https://headspace.org.au/yarn-safe/>

Australian Indigenous HealthInfoNet

<https://healthinfonet.ecu.edu.au/>

LGBTQ+

PFLAG – Parents, Family and Friends of Lesbians and Gays

<https://pflagaustralia.org.au/>