

# SUPPORT SERVICES FOR PARENTS

Below are a list of services that you could contact for support.

**If you need immediate or emergency help, please dial 000.**

These numbers are not suitable for emergency support.

## MENTAL HEALTH LINE

**Phone support:** 1800 011 511

*(Open 24/7)*

## BEYOND BLUE

**Online chat support:**

[www.beyondblue.org.au/get-support/get-immediate-support](http://www.beyondblue.org.au/get-support/get-immediate-support)

**Phone support:** 1300 22 4636

## LIFELINE

**Online Chat support:**

[www.lifeline.org.au/about-lifeline/contact-us](http://www.lifeline.org.au/about-lifeline/contact-us)

**Phone support:** 13 11 14

**Text support:** 0477 13 11 14  
*(6pm – Midnight only)*

## SANE

**Phone Support:** 1800 18 7263

**Online chat support:**

[www.sane.org/](http://www.sane.org/)

## MENSLINE AUSTRALIA

**Phone support:** 1300 78 99 78

**Online chat support:**

[mensline.org.au/phone-and-on-line-counselling/](http://mensline.org.au/phone-and-on-line-counselling/)

## FAMILY RELATIONSHIP ADVICE LINE

**Phone Support:** 1800 050 321

*(8am – 8pm weekdays,  
10am – 4pm weekends)*

## 1800RESPECT

Domestic violence and assault  
counselling service

**Phone support:** 1800 737 732

**Online chat support:**

[chat.1800respect.org.au/#/welcome](http://chat.1800respect.org.au/#/welcome)

## DAD'S IN DISTRESS

**Phone support:** 1300 853 457

*(9am – 5pm AEST Weekdays)*

## ON THE LINE

contact to arrange online or  
phone counselling

[ontheline.org.au/contact-us/](http://ontheline.org.au/contact-us/)

## FINANCIAL COUNSELLING

**Online support:**

[moneysmart.gov.au/managing-debt/financial-counselling](http://moneysmart.gov.au/managing-debt/financial-counselling)



125 Kingsford Smith Ave, Middleton Grange NSW 2171

T + 61 2 9608 0033 E [admin@thac.nsw.edu.au](mailto:admin@thac.nsw.edu.au) W [thac.nsw.edu.au](http://thac.nsw.edu.au)

*A school within The Anglican Schools Corporation*