

Self-help Resources



State-specific parenting services:

Australian Capital Territory (ACT)

Parentline ACT: Provides over-the-phone counselling by trained volunteers for any parent based in the ACT.

Phone: (02) 6287 3833

Website: <https://parentline.com.au/>

ParentLink: This is a state government run program which provides parenting education online parenting resources and linked to additional parenting services.

Phone: 133 427

Website: <https://www.parentlink.act.gov.au/>

Queen Elizabeth II Family Centre (The QEII): This centre offers residential treatment and in-person support for parents with child aged 0-3 years.

Phone: (02) 6207 9977

