

# Self-help Resources



## State-specific parenting services:

### Queensland and Northern Territory

**Parentline** offers confidential phone and WebChat counselling and support for parents and carers of children in Queensland and the Northern Territory.

Phone: 1300 30 1300

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

**Wanslea:** Phone to locate a range of online and in-person services to support parents and carers in the Northern Territory.

Phone: (08) 9245 2441 (Monday-Friday 9am-5pm)

Website: [www.wanslea.org.au](http://www.wanslea.org.au)

**Child and Family Psychology Clinic** and the **Parenting and Family Support Centre** at the University of Queensland offers parents help and support for children with behavioural or emotional concerns.

Note, the clinic also operates outside of business hours Monday-Friday.

Phone: (07) 3365 6451 (Monday-Friday, 8.30am-4.30pm)

