

# Self-help Resources



## State-specific parenting services:

### South Australia

**Parenting SA:** This is an online resource portal developed by the South Australian Government. Here you will find an array of helpful parenting and family support resources.

Website: <https://parenting.sa.gov.au/>

**Relationships Australia South Australia (RASA):** This organization has locations at 9 sites throughout South Australia. RASA offers many phone and in-person support services. Examples of services include a 'Drop in' Support Parenting Group and Family Mental Health Support Services.

Website: <https://www.rasa.org.au/>

**Women's and Children's Health Network (WCHN):** This service provides a range of tools and programs for parents and children located in South Australia. This includes Parenting Groups and a Parenting Helpline. All resources are free and accessible to those throughout all of South Australia. Please visit the website for various contact phone numbers.

Website: <https://www.wchn.sa.gov.au/>

**Child and Family Health Service (CaFHS):** This is a free service for families based in South Australia with children aged between 0-5 years. Please visit the website for various contact phone numbers.

Website: <https://www.cafhs.sa.gov.au/>

