

# Self-help Resources



## State-specific parenting services:

### Victoria

**Parentline Victoria:** This is a phone-based counselling and support helpline for any Victorian parent with a child aged 0-18 years.

Phone: 132 289

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

**Maternal and Child Health 24-hour Line.** Phone: 132229 (24/7 phone support)

**The Bouverie Centre:** Located in Brunswick, Melbourne, you can self-refer to The Bouverie Centre to request an intake appointment.

Phone: (03) 8481 8400

Website: <https://www.latrobe.edu.au/research/centres/health/bouverie>

**ParentZone:** Provides parents and carers in the Northern, Eastern, and Southern Metropolitan regions of Melbourne and the Gippsland region of Victoria, with access to resources and support to parent effectively.

Phone: 1800 809 722.

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

**Queen Elizabeth Centre:** This is a parenting centre based in Noble Park, Melbourne. Resources offered here include: Residential stays, in-person, and over-the-phone assistance for any Victorian parents of a child aged 0-4 years. Their website also provides parenting education resources in the form of written, audio and video-specific content.

Phone: (03) 9549 2777

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

