

# Support available during the holiday season

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## **Parent Line NSW**

A phone counselling and referral service for parents of children aged 0 to 18 in NSW.

### Hours:

- Mon-Fri: 9am-9pm
  - Sat-Sun: 4pm-9pm
- (Closed on public holidays)

 1300 1300 52

<https://www.parentline.org.au/>

## **Kindred Community Facebook Page**

A supportive Facebook group for families raising a child with developmental delays or disabilities.


[www.facebook.com/groups/kindredcommunityforfamilies](http://www.facebook.com/groups/kindredcommunityforfamilies)

## **Carers Gateway**

Free services and support for carers.

### Hours:

- Mon-Fri: 8am-5pm
- (Phone lines open on public holidays, but services closed)

 1800 422 737

<https://www.carergateway.gov.au/>

## **Emergency Services (available 24/7)**

- Family & Community Services Reporting Line: 132 111
- Lifeline: 13 11 14
- Police/Ambulance/Fire: 000
- Mental Health Access Line: 1800 011 511
- Health Direct: 1800 022 222
- Kids Helpline: 1800 551 800
- 13YARN (for Aboriginal and Torres Strait Islander peoples): 139 276

Take care, and remember, help is always available if you need it! 