

# Helpful Info for Parents, Carers, Family and Friends



## Support Numbers and Services

<b>Cannington/ Armadale Family Support Network (9-5, M-F)</b> 2302-2308 Albany Hwy, Gosnells, WA, 6110 Provides assessment and coordination of services to support families and individuals to meeting their goals and keep children safely at home. <a href="http://www.wafsn.org.au/locations/cannington-armadale-family-support-network/">www.wafsn.org.au/locations/cannington-armadale-family-support-network/</a>	1300 887 487
<b>Parent WA Line</b> Information, support and referrals for parents, carers, grandparents, foster carers and families who are taking care of a child or children aged from pre-birth to 18 years old. <a href="http://www.emhprac.org.au/directory/parentline/">www.emhprac.org.au/directory/parentline/</a>	1800 654 432
<b>Meerilinga</b> Support services for parents with kids under the age of 18 years. Various locations. <a href="http://meerilinga.org.au/parenting-courses-services/">meerilinga.org.au/parenting-courses-services/</a>	9489 4022
<b>Parenting WA</b> Parenting counselling service. <a href="https://colliehub.com.au/local-listings/parenting-wa-line/">https://colliehub.com.au/local-listings/parenting-wa-line/</a> 28 Alvan St, MOUNT LAWLEY 6050	6279 1200
<b>Ngala</b> Parenting line, consultations and various services. <a href="http://www.ngala.com.au/what-we-do/parenting-services/">www.ngala.com.au/what-we-do/parenting-services/</a>	9368 9368
<b>Grandcare</b> Information and support service for grandparents raising their grandchildren. <a href="http://wanselea.asn.au/children-and-family/grandcare/">wanselea.asn.au/children-and-family/grandcare/</a>	1800 008 323
<b>Parents Beyond Breakup</b> Supports parents experiencing trauma related to family breakdown and separation. <a href="https://parentsbeyondbreakup.com/">https://parentsbeyondbreakup.com/</a>	1300 853 437
<b>PANDA</b> Supports women, men and families affected by anxiety and depression during pregnancy, and in the first year of parenthood.	1300 726 306

## Online Resources

**Raising Children Network**  
Provides parenting videos, articles and apps backed by Australian experts  
<https://raisingchildren.net.au/>

**headspace**  
Provides articles, information and resources.  
<https://headspace.org.au/explore-topics/supporting-a-young-person/mental-ill-health/>

**Minnawarra House**  
Variety of programs aimed at supporting families.  
<https://minnahouse.org.au/family.html>

**ParentsNext**  
Free Australian Government program to help eligible parents plan and prepare for employment by the time your child starts school.  
<https://www.atworkaustralia.com.au/parentsnext/>

## Online Information

Information for Family and Friends on supporting young people  
[headspace.org.au/friends-and-family/](http://headspace.org.au/friends-and-family/)

Mental Health First Aid Guidelines  
[mhfa.com.au/resources/mental-health-first-aid-guidelines](http://mhfa.com.au/resources/mental-health-first-aid-guidelines)

Information, support and services for Carers  
[www.carersaustralia.com.au](http://www.carersaustralia.com.au)

Helping Minds: Carer Support and Services  
[helpingminds.org.au/](http://helpingminds.org.au/)

