

parentline  
parentline is a service of yourtown

1300 30 1300

♥ Kids do better  
when parents  
**feel supported**

Parentline Counsellors are here to help

8am - 10pm, seven days a week

Queensland & Northern Territory

Parentline.com.au

1300 30 1300 | Parentline.com.au | @ParentlineQLDNT

## SOMETIMES YOU JUST NEED SOMEONE TO TALK TO. SOMETIMES YOU NEED GUIDANCE.

We know that families are complex and that anything can affect the functioning of a family. Whether your concerns feel big or small, we are here to support your family needs.

Parentline is a private and confidential telephone and online counselling and information service. We offer FREE education, guidance and support for parents and others who care for children in Queensland and the Northern Territory.

### How can we help?

We work with you to:

- Help you work through what is worrying you
- Identify and strengthen ways to increase family wellbeing
- Find other services and information to help you

### What can we talk about?

**Anything!** Including:

- All things parenting
- Relationships in your family
- Family breakups
- Mental and emotional wellbeing

*So call us for a chat. We're here for you.*



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EMAIL



WEBCHAT

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