



BLAND SHIRE CHILDREN SERVICES

PO BOX 21, WEST WYALONG NSW 2671

Email: csuadmin@blandshire.nsw.gov.au

Phone: (02) 6972 2795

SPONSORED BY BLAND SHIRE COUNCIL

FAMILY SUPPORT SERVICES

Parent Line NSW

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

1300 130 052, 9 am-9 pm Monday to Friday, 4 pm-9 pm weekends

Family Relationship Advice Line

<https://www.familyrelationships.gov.au/talk-someone/advice-line>

1800 050 321, 8 am-8 pm Monday to Friday, 10 am-4 pm Saturday

Lifeline

<https://www.lifeline.org.au/> Chat online

131 114, 24 hours 7 days

Perinatal Anxiety and Depression Australia (PANDA) Helpline

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

1300 726 306, 10 am-7.30 pm (AEST/AEDT), Monday to Friday, Interpreter available

Pregnancy, Birth and Baby

<https://www.pregnancybirthbaby.org.au/pregnancy-birth-baby-helpline>

1800 882 436, 7am-midnight (AEST/AEDT) 7 days, Interpreter available

National Breastfeeding Helpline

<https://www.breastfeeding.asn.au/breastfeeding-helpline> Chat online

1800 MUM 2 MUM (or 1800 686 268), 24 hours 7 days, Interpreter available

Tresillian Parent Helpline

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

1300 272 736 (1300 2Parent), 7 am-11 pm 7 days

Tresillian live advice service, 5 pm-11pm Monday to Friday

NSW Domestic Violence Line

<https://www.facs.nsw.gov.au/domestic-violence/helpline>

1800 65 64 63, 24 hours 7 days Interpreter available.

1800 RESPECT (National Sexual Assault, Domestic and Family Violence Counselling Service)

<https://www.1800respect.org.au/> Chat online

1800 737 732, 24 hours 7 days - Interpreter available

Mensline Australia (support and referral to specialist men's services)

<https://mensline.org.au/> Chat online

1300 789 978, 24 hours 7 days

healthdirect

www.healthdirect.gov.au

1800 022 222, 24 hours 7 days