



# Seen the Further Resources and Support Services



## Parenting Support

### **Lael Stone**

[www.laelstone.com.au/](http://www.laelstone.com.au/)

### **Parent TV**

<https://parenttv.com/>

### **Circle of Security**

<https://www.circleofsecurityinternational.com/>

### **Hand in Hand Parenting**

<https://www.handinhandparenting.org/>

### **Dr. Vanessa LaPointe**

<https://drvanessalapointe.com/>

### **Maggie Dent**

<https://www.maggiedent.com/>

### **Emerging Minds**

<https://emergingminds.com.au/families/>

### **Raising Children Network**

<https://raisingchildren.net.au/>

## Mental Health & Trauma Support

### **Lifeline**

<https://toolkit.lifeline.org.au/>

### **Phoenix Australia**

<https://www.phoenixaustralia.org/>

### **Black Dog Institute**

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

### **Australian Trauma Support Centre**

<https://atsc.net.au/>

### **Find a Help Line**

<https://findahelpline.com/>

### **Beyond Blue**

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

### **Mensline**

<https://mensline.org.au/>  
1300 789 978

### **PANDA – Perinatal Anxiety & Depression Australia**

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

### **Headspace**

<https://headspace.org.au/>

### **ForWhen**

<https://forwhenhelpline.org.au/>



# Seen the Further Resources and Support Services



## *Relationship Support*

### **Relationship Matters**

<https://relationshipmatters.com.au/>

### **Relationships Australia**

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

### **Family Relationship Advice Line**

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

### **1800 Respect**

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

### **Family Relationships Online**

<https://www.familyrelationships.gov.au/>  
1800 050 321

## *Aboriginal and Torres Strait Islander Support*

### **13Yarn**

<https://www.13yarn.org.au/>

### **Yarn Safe**

<https://headspace.org.au/yarn-safe/>

### **Australian Indigenous HealthInfoNet**

<https://healthinfonet.ecu.edu.au/>

## *LGBTQ+*

### **PFLAG – Parents, Family and Friends of Lesbians and Gays**

<https://pflagaustralia.org.au/>