

Helpful Info for Parents, Carers, Family and Friends



Support Numbers and Services

Cannington/ Armadale Family Support Network (9-5, M-F) 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. www.wafsn.org.au/locations/cannington-armadale-family-support-network/	1300 038 850
Parent WA Line 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. www.emhprac.org.au/directory/parentline/	1800 654 432
Meerilinga Support services for parents with kids under the age of 18 years. Various locations. meerilinga.org.au/parenting-courses-services/	9489 4022
Parenting WA Parenting counselling service. https://colliehub.com.au/local-listings/parenting-wa-line/ 28 Alvan St, MOUNT LAWLEY 6050	6279 1200
Ngala Parenting line, consultations and various services. www.ngala.com.au/what-we-do/parenting-services/	9368 9368
Grandcare Information and support service for grandparents raising their grandchildren. wanselea.asn.au/children-and-family/grandcare/	1800 008 323
Parents Beyond Breakup Supports parents experiencing trauma related to family breakdown and separation. https://parentsbeyondbreakup.com/	1300 853 437
PANDA 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/

Mental Health First Aid Guidelines
mhfa.com.au/resources/mental-health-first-aid-guidelines

Information, support and services for Carers
www.carersaustralia.com.au

Helping Minds: Carer Support and Services
helpingminds.org.au/

