



Updated: **November 2023**

Support Agencies, Community Services & Family Resources:

OSCA strives to support all families according to their unique needs. Please do not hesitate to talk to our Coordinators if you need any assistance and we will do our best to refer you to the right support, or see the recommended services below:

Parenting & Family support:

13-FAMILY 13-32-64
familychildconnect.org.au

Free. Unlimited. Confidential.

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

Family and Child Connect can help with a range of family and parenting challenges. They will talk to you about your situation and work out the type of support you might find helpful. You can use this service as often as you need. This is no limit and no cost. Every family is different, so you will get advice and support specific to your situation.

UnitingCare Services and support Locate Get involved About us

Family support

For whatever shape your family takes

<https://www.unitingcareqld.com.au/services-and-support/family-support>

Whether it's navigating the difficult waters of separation, helping to maintain precious bonds between parent and child, or simply finding ways to become a better parent, UnitingCare can help. Even in the midst of family violence, we work to change behaviours and provide sanctuary.

Relationships Australia
QUEENSLAND

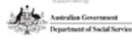
1300 364 277
Mon-Fri 8am-8pm / Sat 10am-4pm

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

Delivering a range of free services to families with children aged between 0 – 18. Working with you to improve the safety and wellbeing of your family.



The Australian Parenting Website



Reading with babies from birth
Start reading to babies early – the earlier the better. Read slowly. Point out words and pictures. Babies like books and stories with good rhyme and rhythm.

- Muscle relaxation activity
- Circle of friends: personal boundaries activity
- Night terrors
- Raising Healthy Minds app

raisingchildren.net.au provides free, reliable, up-to-date and independent information to help your family grow and thrive together.

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



<https://kidshelpline.com.au/parents>

Kids Helpline for Parents – Information for parents on various topics such as bullying and children’s mental health support.

Triple P
Positive Parenting Program

THE PARENTING PROGRAM THAT REALLY DOES WORK!
FREE IN QLD

Triple P is a parenting program, free to all Queensland parents and carers of children up to 16 years of age. Triple P is considered one of the world’s best because it has been scientifically shown to work and because it’s already helped more than 4 million children and their families.

<https://www.triplep-parenting.net.au/qld-uken/find-help/triple-p-online/>

KUMMARA

BRISBANE FAMILY WELLBEING SERVICE

Kummara’s Family Wellbeing Service is a community controlled, free of charge, service for all Indigenous families who have children under the age of 18 years old living in their care.

<https://www.kummara.org.au/family-wellbeing-services>



1300 30 1300
Free counselling + support for parents & carers in QLD & NT

 Pregnancy & Babies aged 0 to 3 VIEW TOPICS	 Preschoolers aged 3 to 5 VIEW TOPICS	 Kids aged 5 to 8 VIEW TOPICS	 Older Kids age 9 and up VIEW TOPICS	 Parents & Carers all about you VIEW TOPICS
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Parentline is a free counselling telephone service for parents and carers in QLD. 8am – 10pm, 7 days a week.

<https://www.tripleparenting.net.au/qld-uken/find-help/triple-p-online/>

13 HEALTH

Health advice over the phone

A photograph showing several hands of different skin tones cupping a small, bright red heart. The background is a light teal color.

13 HEALTH is a confidential phone service that provides health advice to Queenslanders. You can phone and talk to a registered nurse 24 hours a day, 7 days a week for the cost of a local call.

[https://www.qld.gov.au/health/contacts/advice/13health#:~:text=13%20HEALTH%20\(13%2043%2025,cost%20of%20a%20local%20call.](https://www.qld.gov.au/health/contacts/advice/13health#:~:text=13%20HEALTH%20(13%2043%2025,cost%20of%20a%20local%20call.)



Domestic Violence & Child Protection support:



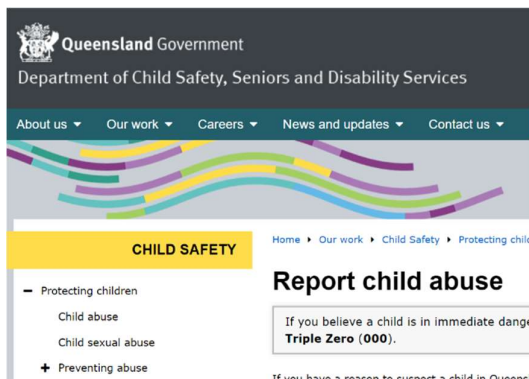
National sexual assault and domestic family violence counselling service for Australians.

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



Domestic, family and sexual violence support for QLD. They provide emergency transport and accommodation for families including pets. They also provide safety planning, crisis counselling, intervention, information and referrals at no cost.

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



Information about reporting child abuse in QLD.

<https://www.dcssds.qld.gov.au/our-work/child-safety/protecting-children/report-child-abuse>



Mental Health support for parents/carers:



24-hour crisis support and suicide prevention for all Australians experiencing emotional distress.

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



13YARN is a crisis support line for mob feeling overwhelmed or having difficulty coping. They offer confidential yarning with Lifeline-trained Aboriginal and Torres Strait Islander Crisis Supporters, 24 hours a day, 7 days a week.

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



MensLine Australia is a telephone and online counselling service offering support for Australian men anywhere, anytime

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