

Support Resources (Basic List) for Parents

BEYOND BLUE



Talk it through with us,
we'll point you in the right
direction

- Call 1300 22 4636** 24 hours / 7 days a week
- Chat online** 3pm - 12am / 7 days a week
- Email us** Get a response in 24 hours
- Online forums** 24 hours / 7 days a week

LIFELINE

A dark blue banner with white text and illustrations. On the left, there are several small illustrations of people in various situations (e.g., a person at a computer, a person talking on a phone, a person with a child). The text reads "Hello Neighbour!" and "Through COVID-19, we're here for you." At the bottom right, it says "Lifeline 13 11 14" with a circular logo.

List of National Helplines

<https://www.beyondblue.org.au/get-support/national-help-lines-and-websites>

FINANCIAL SUPPORT & ADVICE



Centrelink: <https://www.servicesaustralia.gov.au/individuals/subjects/crisis-and-special-help>

<https://www.servicesaustralia.gov.au/individuals/subjects/affected-coronavirus-covid-19>

Money Smart:

<https://moneysmart.gov.au/covid-19>

A blue speech bubble containing a white dollar sign with a smiley face. To the right, it says "Hello, we're Moneysmart." Below this, there is a paragraph of text: "We help Australians take control of their money and build a better life with free tools, tips and guidance. So you can focus on what really matters."

Local Support – Financial Counselling:

<https://www.anglicarewa.org.au/get-help/financial-assistance/financial-counselling>

1300 11 44 46

<https://www.centrecare.com.au/services/metropolitan-services-metro/financial-counselling/>

Perth (08) 9325 6644