

# Helpful Links for Families

This page has links to parent support and family support services, resources and organisations – for parents and families of all kinds.

## Adoptive families

[NSW Department of Community Services – Adoption](#)

[Australian Government – Intercountry adoption](#)

This Australian Government website has information, links and resources relating to intercountry adoption.

[Intercountry Adoption Family Support Service](#)

This is a free national service that provides counselling, information and support to families formed by intercountry adoption as well as to couples and individuals engaged in the intercountry adoption process.

## Family support

[Family Relationships Online](#)

On this Australian Government website you can find information about family relationships and links to support services. You can also visit a [Family Relationship Centre](#), or call the Family Relationship Advice Line:

- **Phone:** 1800 050 321
- **Hours:** 8 am-8 pm, Monday-Friday, 10 am-4 pm Saturday

[PANDA \(Perinatal Anxiety and Depression Australia\)](#)

PANDA provides confidential information, support and referral to anyone affected by perinatal anxiety and depression, including partners and extended family members.

[Relationships Australia](#)

Relationships Australia offers counselling, education programs, mediation services and other help for families and couples. This is the national website with links to the website for each Australian state and territory.

## Fathers

[Fathers Matter](#) (PDF: 2.8mb)

This is a parenting resource for fathers. The booklet was produced by the Parenting Research Centre for the Victorian Department of Education and Early Childhood Development. It has information and advice on a range of parenting and relationship issues for dads.

[MensLine](#)

This is a national support service for men with family and relationship concerns. Online counselling is available on the website, and there's also a 24-hour telephone counselling line – **phone 1300 789 978**.

## Foster carers

Listed below are links to the government agencies or departments responsible for foster care in each state and territory in Australia:

[NSW Department of Family and Community Services – Foster care](#)

### [Create Foundation](#)

This organisation represents children and young people in out-of-home care. The website has information on programs, activities and events run by Create throughout Australia.

### [Pyjama Foundation](#)

The Pyjama Foundation works to improve opportunities for children in foster care. It runs the Love of Learning Program in Queensland, New South Wales and Victoria to help children in care with literacy and life skills.

## Grandparents

### [Australian Government Department of Human Services – Support for non-parent carers](#)

This section of the Department of Human Services website has information about support for grandparents and carers who raise and care for children.

### [Family Relationships Online – For grandparents](#)

On this webpage you can find links to services and resources to support you in your role as a carer.

## Parenting support

Here are some government websites with information about parenting support in different states and territories:

[Families NSW](#) has information on services and support for families throughout New South Wales. [NSW Department of Family and Community Services – Parenting](#) has practical tips, information and resources for parents and carers.

### [Family Relationships Online](#)

This Australian Government website has information and advice about family relationships. There's a telephone support line and links to Family Relationship Centres in each state and territory.

### [Healthdirect Australia](#)

Healthdirect provides health information and advice online and over the phone. The website provides links to health resources from trusted Australian organisations. Or phone **1800 022 222** and speak to a registered nurse, 24 hours a day, 7 days a week.

### [PBS Parents](#)

This website has information and advice for parents about child development from birth through to the early school years.

### [Pregnancy, Birth and Baby](#)

This is a free, national, 24-hour helpline offering information, advice and counselling about all aspects of pregnancy, birth and your baby's first year – **phone 1800 882 436**.

### [Reach Out – Parents Coaching](#)

Reach Out offers free online coaching to parents and carers of teenagers. If you're worried about your relationship with your teenage child, or worried about your child's wellbeing or behaviour, coaching can give you strategies to help.

## Same-sex parents

### [Gay Dads Australia](#)

This website has information and resources for gay men who are fathers or who want to have children.

### [National LGBTI Health Alliance](#)

This is a national organisation promoting the health and wellbeing of lesbian, gay, bisexual, transgender and intersex people.

### [NSW Gay and Lesbian Rights Lobby](#)

This organisation promotes the rights of lesbians and gay men in NSW. The website has information and updates on laws affecting same-sex parents.

### [QLife](#)

This is a national counselling and referral service for people who are lesbian, gay, bisexual, trans and/or intersex (LGBTI).

### [Rainbow Families](#) (New South Wales)

Rainbow Families advocates for same-sex and LGBTI parented families. It runs community programs and social events throughout New South Wales.

## **Single parents**

### [Australian Government Department of Human Services – Parent's guide to child support](#)

This section of the Department of Human Services website has information about child support payments and support services for separated families.

### [Australian Government Department of Human Services – What to do following a death](#)

This section of the Department of Human Services website explains what to do if someone in your family has died. It has information on financial assistance, counselling and other supports to help you.

### [National Council of Single Mothers and their Children](#)

This organisation aims to empower single mothers – particularly those living in hardship – by giving them access to information and support.

### [Single with Children](#) (Sydney)

This is a non-profit social organisation run by single parents. It runs social activities in Sydney for both custodial and access single parents and their children.

## **Step-parents**

### [Family Relationships Online](#)

This Australian Government website has information and advice about family relationships. There is a telephone support line and links to Family Relationship Centres in each state and territory.

### [Relationships Australia](#)

Relationships Australia offers counselling, education programs, mediation services and other help for families and couples. This is the national website with links to the website for each state and territory.

### [Stepfamilies Australia](#)

This organisation operates Australia wide offering family support services and information to stepfamilies. The website has links to branches in each state and territory.

## **Teenage parents**

### [Core of Life](#)

Core of Life provides education about pregnancy, birth, breastfeeding and early parenting for adolescents.

### [Parenting and Child Health – Teen health: pregnancy options](#)

This webpage discusses the options for young people who are pregnant.

## **Twins and multiples**

### [Australian Multiple Birth Association](#)

This organisation provides support, resources and education to multiple birth parents.

### [Curtin University – Twins and multiples](#)

This website has information and research about multiples with a focus on education from preschool through the school years. It includes information about special needs and disability.

### [Twins Research Australia](#)

This organisation facilitates research involving twins and their families. The website has information and resources about twins.

## **Aboriginal Services**

### [Aboriginal and Torres Strait Islander Social Justice](#)

The Australian Human Rights Commission is an independent statutory organisation reporting to the Australian Government. This section of the Commission's website is about social justice issues for Aboriginal and Torres Strait Islander people.

### [Australian Government Department of Health – Indigenous Health](#)

This Australian Government website has information about government programs and policies that relate to Aboriginal and Torres Strait Islander health.

### [Australian Government Department of Prime Minister and Cabinet](#)

This is the Australian Government department responsible for Aboriginal and Torres Strait Islander affairs. The website has information about policies and programs to support Aboriginal and Torres Strait Islander people.

### [Australian Indigenous HealthInfoNet](#)

This website shares information about Aboriginal and Torres Strait Islander health. It's a 'one-stop info-shop' for improving the health and wellbeing of Aboriginal and Torres Strait Islander people.

### [indigenous.gov.au](#)

This Australian Government website celebrates the achievements of Aboriginal and Torres Strait Islander people. It keeps Aboriginal and Torres Strait Islander people informed about government services and programs. The website includes sections on health, schooling and early childhood.

### [National Aboriginal Community Controlled Health Organisation \(NACCHO\)](#)

This is the national peak body representing Aboriginal Community Controlled Health Services (ACCHS) throughout Australia. These services deliver holistic, comprehensive and culturally appropriate health care to the communities that control them.

## **Information and support for Aboriginal and Torres Strait Islander kinship carers**

The [Secretariat of National Aboriginal and Islander Child Care \(SNAICC\)](#) is the national body for Aboriginal and Torres Strait Islander children's services and also provides training and resources for kinship carers of Aboriginal and Torres Strait Islander children. Phone SNAICC on (03) 9489 8099. SNAICC's [Supporting Carers](#) website has information and tips for kinship carers.

The [Aboriginal Child Family and Community Care Secretariat NSW](#) provides training, support groups and newsletters. Phone (02) 9559 5299.

The Aboriginal State-wide Foster Carer Support Service (ASFCSS) is a free telephone advice and advocacy service for the carers of Aboriginal and Torres Strait Islander children. Phone 1800 888 698 (free call).

## **Disability Services**

### [Australian Government Department of Social Services – Disability and carers](#)

On this webpage, you can find links to information about programs, services, benefits and payments for people with disability and their carers.

### [Australian Government Department of Human Services – People with disability](#)

This webpage has information about payments and services to help people living with illness, injury or disability. There is also support to assist their families or carers.

### [Carers Australia](#)

This organisation represents people who look after someone with a disability or chronic illness, or an elderly person. The website has links to the carers association in each Australian state and territory. Carers can get information, advice and support from their local association.

### [Carer Gateway](#)

This Australian Government website has information about services and support for carers. Look for information on the website, use the service finder or call the national helpline – phone **1800 422 737**, 8 am-6 pm, Monday-Friday.

### [Young Carers](#)

Young carers are children and young people up to 25 years who help care in families where someone has an illness, a disability, a mental health issue or an alcohol or other drug problem. This website has information for young carers, families and professionals. Respite services are available for young people who are at risk of not finishing school because they're looking after a family member. For support and assistance, call **1800 242 636**.

## **Disability support and information – general**

### **Australia wide**

#### [Children with Disability Australia \(CDA\)](#)

CDA represents children and young people with disability and their families. The organisation provides information for families, raises public awareness and seeks to improve available services.

#### [Early Childhood Intervention Australia](#)

This organisation promotes early intervention for infants and young children with developmental delays or disabilities. It runs workshops, seminars and conferences and has a chapter in each state and territory.

#### [Livewire](#)

Livewire provides free, safe and fun online communities for families affected by a serious illness, chronic health condition or disability.

#### [MyTime](#)

MyTime groups are for parents, carers or grandparents of children with a disability or chronic medical condition. The groups meet to socialise, discuss and learn more about the services and supports in their area. They're facilitated by professionals with disability and parenting expertise.

#### [National Disability Insurance Scheme \(NDIS\)](#)

The NDIS is being introduced in stages throughout Australia. If you care for a child with disability you might be able to get funding for disability services from the NDIS. Find out when the NDIS is coming to your area by visiting [NDIS – Our sites](#).

### [Nican](#)

Nican aims to improve access to recreation experiences for people with disabilities. The website has information on recreation, tourism, sport and the arts, including a directory of wheelchair-accessible tourist accommodation.

### [Ramp Up](#)

Ramp Up is the Australian Broadcasting Corporation's website featuring news, discussion, debate and humour for everyone in Australia's disability communities.

### [Siblings Australia \(Facebook page\)](#)

This organisation provides support for brothers and sisters of people with special needs.

### [NSW Department of Family and Community Services – Ageing, Disability and Home Care](#)

This website has information about services available in New South Wales for people with a