

ParentLink

promoting positive parenting in the ACT



Child & Family Centres

Gungahlin 6207 0120

Tuggeranong 6207 8228

Family Relationships Advice Line

8am–8pm, Mon–Fri

10am–4pm, Sat

family relationship
or separation issues

1800 050 321

Health First

24hr health advisory service

6207 7777

Kids Help Line

24hr telephone counselling
for children and young people

1800 55 1800

Lifeline

24hr telephone counselling

13 11 14

Parentline ACT

9am–9pm, Mon–Fri
telephone counselling
and family support

6287 3833



Job no: 08/1287

For free parenting guides and information visit
www.parentlink.act.gov.au

email parentlink@act.gov.au telephone 13 34 27