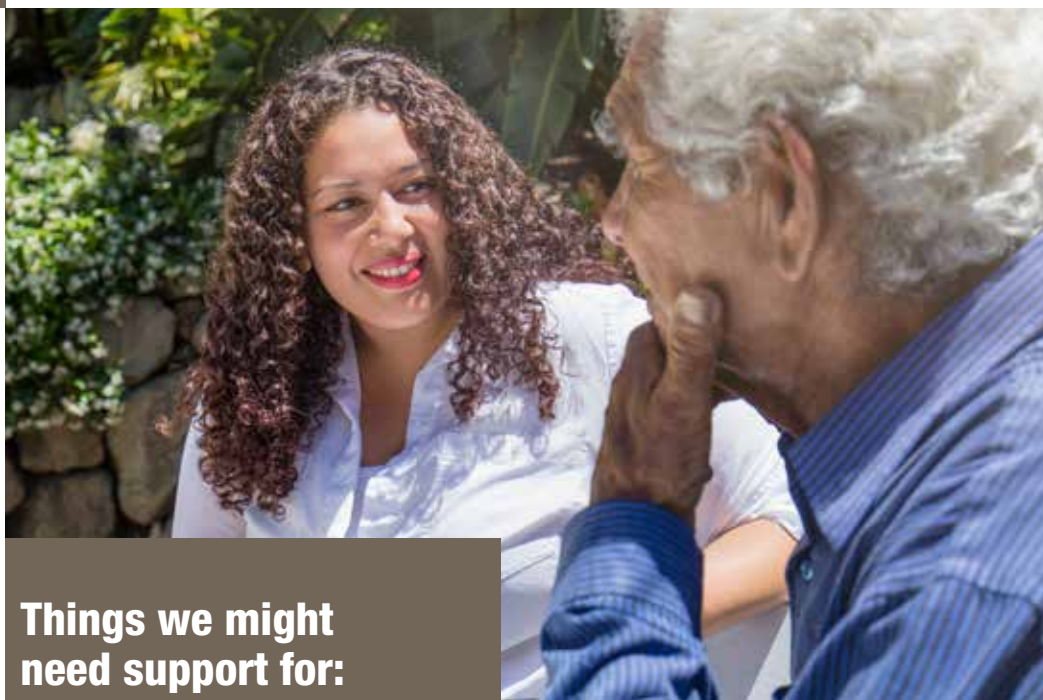


Support

As a parent it's good to know about services available in your area. They can give you some help when you need it.









ParentLink

informing  supporting  connecting







Things we might need support for:

Sometimes we need help with things such as our:

-  health
-  feelings
-  relationships
-  money
-  housing
-  children's schooling or behaviour
-  legal matters
-  drugs, alcohol, violence.

Contact details of some services that may be able to help are provided at the end of this guide.

When there are problems try to:

-  stay calm
-  plan what you can do
-  talk with a trusted friend
-  find a service that can help.

Tell your children what's happening — but not too much about adult problems.

Getting support and dealing with problems early can stop them getting worse.

Please note: Aboriginal and Torres Strait Islander people should be aware that this website may contain images, voices or names of deceased persons in photographs, film, audio recordings or printed material.



ACT
Government

AN ABORIGINAL AND TORRES STRAIT ISLANDER PARENTLINK GUIDE

www.parentlink.act.gov.au

Support



This guide's content was produced by Parenting SA, Women's and Children's Health Network.

© Department of Health and Ageing, Government of South Australia (revised 02/16). Reproduced with permission and adapted by the ACT Government to reflect Australian Capital Territory laws (05/17).

Important: This information is not intended to replace advice from a qualified practitioner.

Published by ParentLink, Community Services Directorate
GPO Box 158 Canberra ACT 2601

e parentlink@act.gov.au
t 13 34 27

Looking for more information?

ACT Government Publication No. 17/0604 (June 2017)

Your rights and responsibilities

Your rights

When using a service you have the right to:

- be treated fairly and with respect
- give feedback to the service about your experience — whether it was good, or not so good. It's OK to get someone to come with you when you give feedback or to write a letter if you prefer.

Your responsibilities

When using a service:

- find out a bit about it before you go, so you know what to expect
- treat staff with respect, even if you feel upset or angry
- do your part. Work with staff to achieve your goals.

Confidentiality

Services are bound by confidentiality. A worker or service cannot share information about you with other services or people in the community, unless you give permission or a child or someone else is at risk of harm.

Try both mainstream and Aboriginal and Torres Strait Islander services.

Ask if they have Aboriginal or Torres Strait Islander workers, if you prefer.

Stay calm, it helps children to feel safe and secure.

Services for children

- If children need help, doctors, Aboriginal health services, and the Child and Family Health Service are good places to start. They can tell you where to get help with things like education, disability, behaviour, dental and mental health.
- If there are problems at school, talk with your child's teacher. Some schools have counsellors or Aboriginal workers.

There are lots of services available.

Keep trying until you find one that's right for you!



ParentLink — for other parenting guides, online parenting information www.parentlink.act.gov.au

Child and Family Centres — for parenting information and support
www.communityservices.act.gov.au/ocyfs/childandfamilycentres

Raising Children's Network — covering topics for parenting newborns to teens <http://raisingchildren.net.au>

Gugan Gulwan Youth Aboriginal Corporation t 6296 8900 www.gugan-gulwan.com.au

Winnunga Nimmityjah Aboriginal Health Service t 6284 6222 www.winnunga.org.au

Relationships Australia Dhunlung Yarra Service is dedicated to Aboriginal and Torres Strait Islander peoples t 6122 7100 www.racr.relationships.org.au