

# Helpful Contacts for NSW Dads



## **Early Parenting Support**

Parentline	<a href="http://www.parentline.org.au">www.parentline.org.au</a>	1300 1300 52
Raising Children	<a href="http://www.raisingchildren.net.au">www.raisingchildren.net.au</a>	
Karitane Care Line	<a href="http://www.karitane.com.au">www.karitane.com.au</a>	1300 227 464
Tresillian Parent Helpline	<a href="http://www.tresillian.org.au">www.tresillian.org.au</a>	1300 272 736
Australian Breastfeeding Association	<a href="http://www.breastfeeding.asn.au">www.breastfeeding.asn.au</a>	1800 686 268

## **Other Support**

MensLine Australia	<a href="http://www.mensline.org.au">www.mensline.org.au</a>	1300 78 99 78
Health Direct	<a href="http://www.healthdirect.gov.au">www.healthdirect.gov.au</a>	1800 022 222
Play groups NSW	<a href="http://www.playgroupnsw.org.au">www.playgroupnsw.org.au</a>	1800 171 882

## **Depression and Anxiety**

Beyondblue Healthy Dads Project		1300 22 4636
<a href="http://www.beyondblue.org.au/about-us/about-our-work/our-work-with-men/healthy-dads">www.beyondblue.org.au/about-us/about-our-work/our-work-with-men/healthy-dads</a>		

## **Relationship Issues**

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