

# Toward the New Normal – advice lines and referral information

## **Family support resources**

Parentline	<a href="http://www.parentline.org.au/">http://www.parentline.org.au/</a> 1300 1300 52
Family Referral Service	<a href="http://www.familyreferralservice.com.au/">http://www.familyreferralservice.com.au/</a> 1800 066 757
Relationships Australia	<a href="https://www.relationshipsnsw.org.au/">https://www.relationshipsnsw.org.au/</a> <a href="https://www.relationshipsvictoria.com.au/resources/tip-sheets/mental-health/managing-change/">https://www.relationshipsvictoria.com.au/resources/tip-sheets/mental-health/managing-change/</a> 1300 364 277
First Five Years – Helping children manage change	<a href="https://www.firstfiveyears.org.au/lifestyle/helping-children-learn-to-manage-change">https://www.firstfiveyears.org.au/lifestyle/helping-children-learn-to-manage-change</a>
DV Line	<a href="https://www.facs.nsw.gov.au/domestic-violence/helpline">https://www.facs.nsw.gov.au/domestic-violence/helpline</a> 1800 65 64 63
Alcohol & Drug Information Service	<a href="https://yourroom.health.nsw.gov.au/Pages/home.aspx">https://yourroom.health.nsw.gov.au/Pages/home.aspx</a> 1800 250 015

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## **Service directories**

Covid-19 advice lines and referral information

[https://www.waverley.nsw.gov.au/community/connected\\_waverley/community\\_support\\_during\\_covid-19](https://www.waverley.nsw.gov.au/community/connected_waverley/community_support_during_covid-19)

Kids Book directory of services for families with children 0 – 5

[https://www.waverley.nsw.gov.au/\\_data/assets/pdf\\_file/0018/6318/Kids\\_Book\\_Aug\\_2019.pdf](https://www.waverley.nsw.gov.au/_data/assets/pdf_file/0018/6318/Kids_Book_Aug_2019.pdf)

Human Services Network

<https://www.hsnet.nsw.gov.au/>

