

Helpful Hints for Parents

[Depression in Adolescents and Young People](#)

[Exercise and Depression](#)

[Symptoms of Depression](#)

[Facts and Figures about mental health and mood disorders](#)

[Causes of Depression](#)

[How to ask RUOK](#)

[What causes anxiety?](#)

[Self-harm and Self-injury](#)

Parentline 1300 30 1300

Parentline provides a 7 day a week telephone counselling, information and referral service for parents with children from birth to 18 years.

This is a confidential and anonymous service available to all families in Australia.

Professional counsellors are available to discuss issues related to parenting. A wide range of Positive Parenting Tip sheets are available on request.

Parentline Counsellors are able to access the Telephone Interpreter Service is required.

The phone number is 1300 30 1300 and the website address is www.parentline.com.au

Dealing with Grief and Loss

[What are Grief and Loss](#)

[Grief and Loss](#)