Parenting Information and Resources

The following websites provide information on parenting children of all ages.

www.abcdparenting.org

The ABCD Parenting Young Adolescents website aims to inform parents about communication skills, parenting practices, information and strategies to help them build positive, trusting relationships with their young adolescent children.

www.cyh.com

Child and Youth Health is a website that provides a wealth of news and practical health information for adolescents, parents and carers.

www.parentline.vic.gov.au

The Parentline website outlines the services provided by Parentline and details on how to contact this service.

www.anglicarevic.org.au/parentzone

The Anglicare Parentzone website offers a comprehensive resource guide and newsletter for parents.

www.stepfamily.org.au

The Stepfamily website offers helpful information, advice and articles for people who are considering forming a stepfamily or who are already in one.

www.pflag.org.au

This site aims to provide an information and resources to parents, other family members and friends of gay, lesbian and bisexual young people.

Books

McKay M., Fanning P., Paleg K., Lanelis D., (1996) When Anger Hurts Your Kids, New Harpinger, USA.

Sells S. P., (2001), Parenting Your Out Of Control Teenager, St Martin's Press, New York.

Carr-Gregg M., (2005), Surviving Adolescents, Penguin, Australia

Faber A., Mazlish E., (2006), How to Talk so Teens will Listen and Listen so Teens will Talk, Harper Collins, Australia

Pallotta-Chiarolli, M. (2005) When Our Children Come Out, Finch Publishing, Australia

Drug Use

Family Drug Help
Ph: 1300 660068
www.familydrughelp.sharc.org.au

24 hour phone counselling service for family members affected by another's drug use. Website has useful resources and links to other websites. Service also provides support groups and newsletters.

Directline
Ph: 1800 888 236

24 hour counselling and referral line for people with drug and alcohol problems and those affected, such as family.

Youth Substance Abuse Service
Ph: 9418 1020

24 hour counselling, support and referral for 12 to 21 year olds.

Australian Drug Foundation
Ph: 1300 858584
www.adf.org.au

For information on Drugs, dealing with a family member, and treatment services.

Victorian Government
http://www.health.vic.gov.au/drugs/help.htm

This site provides information on how to get help for a substance abuse problem.

Mental Health

Websites

www.arafemi.org.au

Resources for relatives and friends of the emotionally and mentally ill

www.mifellowship.org

Mental Illness Fellowship works with people who have a mental illness, their families and friends

www.sane.org

For information and resources on mental illness

www.adavic.org.au

For information and resources on anxiety

www.depressionnet.com.au

For information and resources on depression.

www.beyondblue.org.au

For information and resources on depression

www.schizophrenia.com

US site, for information and resources on Schizophrenia

www.healthinsite.gov.au

Australian government health site, offering information on 'A-Z Health Topics'

www.mmha.org.au

Multi-cultural mental health association, resources for people in many languages

www.health.vic.gov.au/mentalhealth/services/index.htm

For psychiatric services near you.

Suicidal thoughts

**Lifeline
Ph: 131114**

**Crisis Line
Ph: 1800 019 116**

24 hour telephone support services

Contact your **local doctor** (General practitioner, GP).

Contact the **police (Ph: 000)** or your local Psychiatric Crisis and Assessment Team **(CAT)** when there is immediate risk

www.health.vic.gov.au/mentalhealth/services/index.htm

Type in your location to find your local CAT team

Other Service Directories

www.serviceseeker.com.au

The Infoxchange Service Seeker provides information about required services based on your needs and location.

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Jesuit Social Services

STRONG BONDS
building·family·connections

→ **Strong Bonds**
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