

Some Useful Services

If you are like me, when you need some extra help, sometimes you don't know where to start! I have created a little list of some useful services available to us all.

1. **GP:** Sometimes, this is the first and best place to start. Make an appointment to discuss any of your concerns, they may be able to write a referral or organise a health care plan.
2. **Child and Family Health Services:** 02 4393 7777 Stratford Avenue, Lake Haven. This service supports families with young children during their early developmental years.
3. **Parentline:** P: 1800 130 052. This is a 24 hour helpline, that you can call to chat about anything related to being a parent/carer. They also offer limited counselling services as well.
4. **Raising Children:** www.raisingchildren.net.au. This is an Australian Parenting website which is easy to use. You can search for specific topics of interest or concern from babies to grownups! Check it out!
5. **Ask Izzy:** www.askizzy.org.au This website can help you navigate the confusing area of deciding which service you may need.
6. **Health Direct:** www.healthdirect.gov.au P: 1800 022 222. This is a free government-funded service, providing quality, approved health information and advice.
7. **Toukley/Lake Munmorah Parish Priest:** www.bbcatholic.org.au/toukley P: 4396 4455. Feel free to call the parish office to make a time to chat to either Father Tomy or Father Baby.

Being a parent or carer is hard! When we hit those hurdles, have some questions or need more information, I hope this list may help.

You've Got This!

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