



# Community Support Services and Resources

Sun Protection for Children

<https://www.sunsmart.com.au/communities/parents>

Dental Services for Children

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/health+services/dental+services/dental+services+for+children>

Children and Asthma

<https://www.asthmaaustralia.org.au/shared-personas/my-child-has-asthma>

Safe Sleep

<https://rednose.com.au/section/safe-sleeping>

Home Fire and Life Safety Information Sheets

[http://www.mfs.sa.gov.au/site/community\\_safety/home\\_fire\\_and\\_life\\_safety\\_information\\_sheets\\_domestic.jsp](http://www.mfs.sa.gov.au/site/community_safety/home_fire_and_life_safety_information_sheets_domestic.jsp)

Eastern Health Services – Immunisation Services

<https://www.eha.sa.gov.au/immunisation>

Child and Youth Health

[www.cyh.sa.gov.au](http://www.cyh.sa.gov.au)

South Australia Department for Education

<https://www.education.sa.gov.au/>

Playgroup Australia

<https://playgroupaustralia.org.au/>

SACommunity

<http://sacommunity.org/>

Parenting SA

<https://www.education.sa.gov.au/parenting-and-child-care/parenting/parenting-sa>

Immunisation Services

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/health+services/immunisation+services>

Kidsafe Australia

<https://kidsafe.com.au/>

ACCC Product Safety

<https://www.productsafety.gov.au>

Seatbelts and Child Restraints

<https://www.sa.gov.au/topics/driving-and-transport/roads-and-traffic/seatbelts-and-child-restraints>

Australian Breastfeeding Association

<https://www.breastfeeding.asn.au/>

Kids' Health – Child and Youth Health

<http://www.cyh.com/SubDefault.aspx?p=255>

General Nutrition for Infants and Toddlers

<http://www.wch.sa.gov.au/services/az/other/nutrition/GeneralNutritionforInfantsandToddlers.html>

#### Lifeline

<https://www.lifeline.org.au/>

13 11 14

24 hours a day/7 days per week

#### Beyond Blue

<https://www.beyondblue.org.au>

1300 224 636

24 hours a day/7 days per week

#### Reporting Child Abuse

<https://www.childprotection.sa.gov.au/reporting-child-abuse?reFlag=1>

#### Child Abuse Report Line (CARL)

131 478

24 hours a day/7 days per week

#### Crisis Care

131 611

Monday to Friday 4:00pm - 9:00pm

24 hours on weekends and public holidays

#### Domestic Violence and Aboriginal Family Violence Gateway Service

1800 800 098

24 hours a day/7 days per week

#### Family Drug Support

<http://www.fds.org.au/>

1300 368 186

24 hours a day/ 7 days per week

#### Family Relationships Online

<https://www.familyrelationships.gov.au/>

#### Family Relationship Advice Line

1800 050 321

Monday to Friday 8:00am - 8:00pm

Saturday 10:00am - 4:00pm

Excluding national public holidays

#### Gambling Help

<https://www.gamblinghelpsa.org.au/>

#### Gambling Helpline

1800 858 858

24 hours a day/7 days per week

#### Health Direct Australia

<https://www.healthdirect.gov.au>

1800 022 222

24 hours a day/7 days per week

#### MensLine Australia

<https://mensline.org.au/>

1300 789 978

24 hours a day/7 days per week

#### Pregnancy, Birth and Baby Helpline

1800 882 436

24 hours a day/7 days per week

#### Parentline Australia

<https://www.parentline.com.au/>

1300 301 300

Monday to Friday 9:00am - 9:00pm

#### Quitline

137 848 Monday to Friday

8:00am – 8:00pm

SANE Helpline

<https://www.sane.org/get-help>

1800 187 263

Monday to Friday 10:00am – 10:00pm AEST

Salvation Army

<http://www.salvationarmy.org.au/>

1300 363 622

24 hours a day/7 days per week

Translating and Interpreting Service

<https://www.tisnational.gov.au/>

St Vincent De Paul Society

<https://www.vinnies.org.au/>

Australian Children's Education and Care Quality Authority

<https://www.acecqa.gov.au/>

Inclusion Support

<https://www.gowriesa.org.au/?q=about-program>

Early Childhood Australia Parent Resources

<http://www.earlychildhoodaustralia.org.au/parent-resources/>

Starting Blocks

<https://www.startingblocks.gov.au/>

Centrelink

<https://www.humanservices.gov.au/individuals/centrelink>

Belonging, Being & Becoming - The Early Years Learning Framework for Australia - Information for families

<https://docs.education.gov.au/node/2636>

Mitcham Preschool

<http://mitchampre.sa.edu.au/>