

# Got It!



## Support Services

There are times when we could all use some help, we hope you find the following links useful.

### Raising Children Website

raisingchildren.net.au provides ad-free parenting videos, articles and apps backed by Australian experts.  
[www.raisingchildren.net.au](http://www.raisingchildren.net.au)



### Family Connect & Support

A free service that can support in identifying appropriate supports, information, advice, as well as help you connect to the services in your area.

Call: 1800 066 757

<https://www.barnardos.org.au/our-centres/family-connect-and-support/>



### Greater Western Aboriginal Health Service

Health service for Aboriginal and Torres Strait Islander people in Nepean and Blue Mountains regions. Services include GP's, health checks, and child and family services.

Call: 9836 7300

<http://gwahs.net.au/>



### Your local Community Health Centre

Call the central intake service and make a referral to see a community counsellor or allied health professional (age limitations exist for some services).

Call: 1800 222 608



### Your GP

Ask your GP for advice and support regarding physical and mental health. Your GP can also discuss referrals for health supports, assessments and Medicare funding.

