

Bilgola Plateau Public School OOSH

Useful Contacts Guide

SERVICE	WHAT IT IS	PHONE	WEBSITE
Parent Line NSW	Telephone counselling service and support service for parents and carers with children aged 0-18-1300	1300 1300 52	https://www.parentline.org.au/
Lifeline	Telephone support for people or loved ones of people going through emotional stress	13 11 14	https://www.lifeline.org.au/
Kids Helpline	Telephone support line for children and young adults.	1800 55 1800	https://kidshelpline.com.au/
Healthdirect	Free health advice from a registered nurse 24/7	1800 022 222	https://www.healthdirect.gov.au/
SunSmart	Information on sun safety.	NA	https://www.sunsmart.com.au/
eatforhealth.gov.au	Information on healthy eating.	NA	https://www.eatforhealth.gov.au/
Department of Health	Information on National health issues	1800 020 103	https://www.health.gov.au/
NSW Department of Education	Information on the Department of Education and the Department of Early Childhood Education	1300 679 332	https://education.nsw.gov.au/
Northern Beaches Council	Information on all aspects of local council	1300 434 434	https://www.northernbeaches.nsw.gov.au/
Australian Society of Clinical Immunology and Allergy	Information from the peak body of clinical immunology and allergy.	info@allergy.org.au (no phone number)	https://www.allergy.org.au/
Asthma Australia	Comprehensive information on asthma diagnosis, treatment, research and training	1800 278 462	https://asthma.org.au/
Australian Children's Education and Care Quality Authority	Provides information for families on the childcare subsidy, quality ratings and children's development.	1300 422 327	https://www.acecqa.gov.au/
MyGov	A simple and secure way to access government services online	132 307	https://my.gov.au/

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Family Assistance Office-Services Australia	Information about child care and child support	136 150	https://www.servicesaustralia.gov.au/raising-kids
NSW Department of Education-Raising a complaint	Information on how to raise a complaint	1800 619 113	https://education.nsw.gov.au/