



Children and Families Resource List

Mosman
COUNCIL

Northern Sydney Health District Services

Sydney child protection service	Specialist caseworkers and counselling services as well as advice for accessing support in relation to domestic and family violence.	Visit website Ph: 9462 9266
Cremorne Child and Family Health Centre	Offers a drop-in clinic, breastfeeding support, blue book appointments, new parents' group and a starting family foods group.	Visit website
Parenting groups	A wide range of parenting groups on offer, including new parent groups, Chinese speaking support groups and more.	Visit website
Community paediatricians	Specialists in child development and associated behavioural problems – prioritises children and families with vulnerabilities and who are unable to access or whose needs cannot be met by private paediatric care. Aimed at children aimed 6 or above.	Visit website Ph: 9462 9200
Extended parenting support	Family Care Centres staffed with specialist nurses and counsellors that can provide extra support to families with a plethora of concerns. Requires a referral to attend.	Visit website Local centre: Northern Beaches Dalwood Family Care Centre Ph: 9951 0321
Occupational therapy	Occupational therapy for children focusing on developmental milestones, fine motor skills and self-care. Group and individual therapy available.	Visit website Referral only. You can self refer via the RNSH Community Health Centre Ph: 9462 9294
Childrens physiotherapy service	Provides assessment and treatment for infants and children with concerns with movement, posture or gross motor development.	Visit website Available at multiple health centres. Self-refer via Ph: 9951 0293
Children's speech pathology	Provides speech assessments, therapy and assistance in accessing support services.	Visit website Self-referral via North Shore Ryde <ul style="list-style-type: none"> • RNS/Chatswood Ph: 9462 9200 • Ryde Ph: 9926 5844
Northern Sydney Oral Health	Provides general and emergency dental services to eligible people. Free dental care available for all children and young people under 18.	Visit website Ph: 1800 679 336
Dalwood Spilstead specialist service	Provides an Early intervention service to vulnerable families and children at risk through a combination of parent support, home visiting, childhood education and development - referral only.	Visit website

Mental health support

Kids Helpline	24/7 free and confidential online and phone counselling for young people aged 5 to 25.	Ph: 1800 551 800
Lifeline	Suicide and crisis support line.	Ph: 13 11 14
Parentsline NSW	Free telephone counselling and support services for parents and carers in NSW.	Ph: 1300 1300 52
ForWhen	Support line to help new/expecting parents to get connected to local support services.	Visit website Ph 1300 24 23 22
Community Restorative Centre	Telephone counselling and support for anyone in NSW with a family member in NSW prisons.	Visit website Ph: 9288 8700
Uniting adult mental health service	Mental health support centre in Chatswood open to North Sydney residents. Free program based mental health support including psychiatry, social work, and peer support.	Visit website
Gidget House	Free psychological services for expectant and new parents. Office in North Sydney, requires a referral and mental health care plan from a GP. Telehealth available.	Visit website
Northern Sydney health district	Coral tree family services: For families of children aged between 3 and 12 who experience significant social, emotional and behavioural difficulties. Referral only.	Visit website
	Child youth mental health service: Specialist assessments and invention for infants, children and young people with moderate to severe and complex mental health problems.	Visit website
Head to health	Department of Health and Aged Care initiative. Helps connect individuals to relevant mental health services	Visit website

Financial/housing support

Centrelink - Services Australia	Government service. Provides payments for a variety of circumstances. Ranges from one off payments to continuous payments.	Visit website
Parents Next	New initiative, starting Nov 2024. Services Australia initiative for parents with children under 6 receiving a parenting payment to prepare for future employment and study.	Visit website
Link2Home	Department of Communities and Justice initiative. Statewide homelessness information and referral service running 24/7.	Homelessness Ph: 1800 152 152 Domestic violence Ph: 1800 656 463
Link Wentworth	Social and disability housing provider in the lower north shore. Can provide support in applying for housing through the Department of Community and Justice's Housing pathways.	Visit website
Rent Choice Start Safely	Department of Communities and Justice initiative. Provides short to medium-term financial support for people escaping domestic or family violence.	Visit website

Domestic/family violence support

Domestic Violence Helpline	24/7 support that provides counselling, referrals and support for those experiencing domestic violence	Ph: 1800 656 463
Child Protection Helpline	Report suspected child abuse or neglect.	Ph: 13 21 11
NSW Domestic Violence Line	Falls under Department of Communities and Justice and offers 24/7 caseworker support for women experiencing domestic violence. They can help find hospital care, family support services, emergency accommodation, transport and police and legal services. They can also explain how to apply for an AVO and help develop a safety plan for families.	Visit website

Domestic/family violence support

Daisy app	Provides information about domestic and family violence support services in your local area. Runs under 1800 respect, also has the option to call, online chat or text for support.	Visit website
Legal aid Women's Domestic violence court advocacy service	Free service for women experiencing domestic and family violence anywhere in NSW. They offer information, safety plans, court support and can connect individuals with local services.	Visit website
Women and Children First	Domestic abuse and family support services in the north shore/northern beaches. They offer refuge and homelessness support, as well as parenting programs and case work.	Visit website
Mary's House and The Daisy Centre	Located in the lower north shore, Mary's house is a community funded refuge for women and their children escaping domestic violence. The Daisy Centre is connected to Mary's house and offers advice, psychoeducational support, social workers, and more.	Visit website
Northern Beaches Women's Shelter	A women's shelter for those experiencing domestic violence in the Northern Beaches - accessed via referral through other services.	Visit website

Multicultural assistance

Sydney Multicultural Services	Services for migrants with low levels of English, providing casework, education, and employment support.	Visit website
Immigrant Women's Speak Out Association	Women's shelter that provides training, resources and advocacy for women who are experiencing violence and/or at risk of homelessness.	Visit website
Aboriginal Legal Service	Assistance for First Nations people with family law. Also can provide assistance with child protection and family and domestic violence.	Visit website

Disability support

Carer Gateway	Government initiative that offers support, counselling, coaching, emergency respite and peer support groups for those caring for someone with a disability, a medical condition, mental illness, or who is frail due to age.	Visit website
School Link	Westmead hospital initiative specialising in mental health and intellectual disability support, including autism	Visit website
Northcott	Disability early childhood services (0-9 years) - can provide support with applying for the NDIS.	Visit website Ph: 1800 118 481
Cerebral Palsy Alliance Allambie Heights	NDIS service provider. Offers services, programs, support, intervention and therapy to assist with cerebral palsy	Visit website
Cerebral Palsy Alliance Ryde Centre	NDIS service provider. Offers services, programs, support, intervention and therapy to assist with cerebral palsy	Visit website
EarlyEd	Early childhood intervention for young children with disabilities or delays.	Visit website
Lifestart	Disability service provider for children and young people in Mosman. They offer training for parents and caregivers, group programs, learning programs, therapy, intervention and disability inclusion training.	Visit website

Disability support

Autism Australia	Provides diagnosis and assessment, therapy services, and schooling support as well as generalised information.	Visit website Ph: 1800 277 328
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Parenting support

The Northern Centre	Offers parenting programs, supported playgroups and a free women's legal clinic. Based in West Ryde but offer outreach services to Mosman. They also run a domestic violence pilot program called SafeT that provides post crisis support.	Visit website Ph: 9334 0111
Brighter Futures	Department of Communities and Justice initiative to assist families with children 0-9 who face specific problems such as domestic and family violence, problematic drug and alcohol use, mental health issues or parents with significant learning/intellectual difficulties. Referral only, can be referred by an NGO agency or as a result of a report made to the Child Protection Helpline	Visit website
Sms4dads	SMS service for new fathers catered to the age of their child/stage of pregnancy. 3x text messages a week, which range from tips, advice, information, and mood tracking	Visit website
Mum for Mum	Not for profit organisation with volunteers who provide weekly in-home emotional support from the third trimester through to the first year of life.	Visit website
North Shore Multiple Birth Association	Support group for families who have had twins, triplets or more. They run info sessions, catch ups, social events and community group.	Visit website
Brighter Beginnings Parent and Carer Information Hub	The Parent and Carer Information Hub has services and resources to support you during the first 5 years of a child's life, from pregnancy until age 5.	Visit website

NGO's/ general support

Mission Australia	<p>Australia wide support services that assist with housing support, social support, mental health, drug and alcohol support, disability support and more.</p>	<p>Visit website Ph: 1800 88 88 68</p>
Ask Izzy	<p>Department of Social Services sponsored initiative. Website provides assistance finding relevant support services nearby.</p>	<p>Visit website</p>
Relationships Australia	<p>Variety of tailored support services such as counselling, mediation, programs and online courses. Australia wide</p>	<p>Visit website</p>
Catholic Care Diocese of Broken Bay	<p>Provide casework, connect and support assistance and supported playgroups. They provide family breakdown and marriage counselling, domestic and family violence support, dispute resolution and mediation and parenting programs. Also offers financial counselling and emergency relief. They are the Family Connect and Support Provider for the region. No religious association is required to be able to access the service.</p>	<p>Visit website</p>
Raising children	<p>Department of Social Services initiative. Parenting website providing information on parenting. Covers information from pregnancy to adulthood.</p>	<p>Visit website</p>
Benevolent society	<p>Family and parenting support programs in greater Sydney (depending on the program). They offer child behaviour support, domestic and family violence support, family and parenting information, maternal health, paediatric services, parent coaching and more.</p>	<p>Visit website</p>