

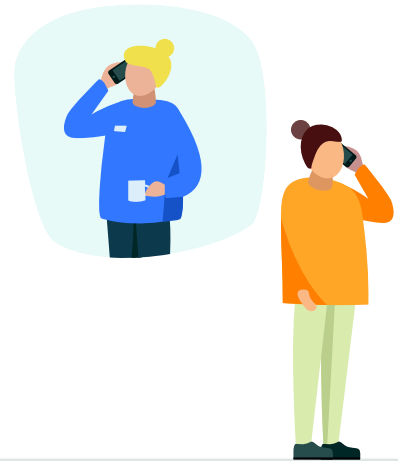
PARENTS ONE-ON-ONE SUPPORT

Free personalised professional support to help you support your teenagers through a tough time.

- Is your teenager going through a tough time?
- Are you unsure of how to help them through it?

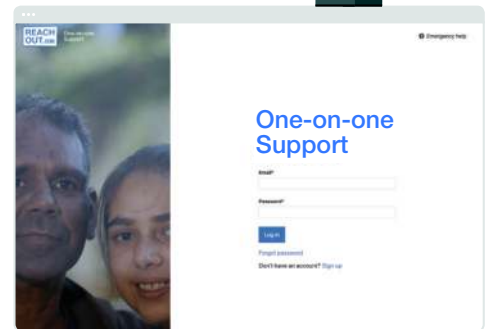
We offer free and confidential support over the phone or online. A professional who is experienced in supporting families will assist you to create an action plan that works for you.

"Every time we talk, I'm able to get my thoughts more organised and figure out what to do and not to do. I feel like you are the best person I could have spoken to. You have really worked well to meet my needs."



We can support you with a range of concerns:

- Has your teenager stopped confiding in and being open with you?
- Has your teenager become moody and irritable?
- Is your teenager having difficulties with school, such as low attendance, study stress or peer pressure?
- Is your teenager spending too much time online, especially on social media?



Award-winning service

Used by thousands of Australian parents and carers. Personalised one-on-one support at a time that works for you.



Free service

Funded by the Australian Federal Government, we are a free service for parents and carers of young Australians.



Anytime, anywhere

Book a session online, and we'll call you back at an agreed time. Register now by visiting ReachOut.com/ParentSupport.



Private and secure

All the information you provide is encrypted and stored securely.



ReachOut Australia
ReachOut is Australia's leading online mental health organisation for young people and their parents. We help over 2 million Australians every year.

The Benevolent Society
The Benevolent Society (Australia's first charity) provides one-on-one coaches who are experts in family and parenting support.

Federal Government
The service is funded by the Australian Federal Government.

Need more information?
Not sure if this is the right service for you? Enter your email below and we'll send you additional information about one-on-one support.