



**ASK**

Adults  
Supporting  
Kids

## What is ASK?

Adults Supporting Kids (ASK) is a safe place to find information about child and family safety and wellbeing, connect with local community supports, and work out what you CAN do to support your children, young people and family.

All kids have the right to feel safe, and cared for, in their family, extended family, and community.

Raising children can often be challenging, and throughout life's journey, parents and caregivers may need a little more information and support

It can feel overwhelming and challenging at times so finding information and support early can help to ensure the safety and wellbeing of children and families. This support can help tackle problems before they become more serious

Every family looks different and has different needs. Sometimes situations can get in the way of strong connected relationships between parents, children and their community.

Things like anxiety, isolation, drug and alcohol use, changes in children's behaviour, mental health problems, homelessness, and relationship breakdown, can be confronting and place extra pressure on families.

It's ok to ASK for help.

So, ASK early and ASK often. Your family is important and so are you!

## Who is ASK for?

ASK is for any adult who has a concern about the safety and wellbeing of a child and or family.

ASK is available to any adult no matter your culture, identity, gender, sexuality, or ability.

ASK welcomes Aboriginal and Torres Strait Islander people. ASK acknowledges that you or extended family are working hard to look after your children and may need some further support and guidance along this journey.

ASK also welcomes migrants, refugees and adults of any culture that may be seeking information and further support in looking after the safety and wellbeing of children and families.





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## What can ASK do for me?

ASK can help adults find information and link you to local services that may be able to provide support if you:

- are a parent, extended family member or caregiver supporting kids
- have worries about a child or young person
- are feeling unsafe
- are a young person looking for support with your children
- have a baby on the way
- have worries about your thoughts and behaviour
- are looking for practical support such as housing, food relief, financial aid/support, someone talk to, or support for your family's mental health and wellbeing concerns.

## What if I need an interpreter?

If English is not your preferred language you can call the National Translating and Interpreting Service (TIS National) on 13 14 50. This is a free service for anyone.

You can call any time day or night. See also <https://www.tisnational.gov.au/en/Non-English-speakers>

For **Aboriginal Interpreter Services**, phone 1800 334 944 or email [ais@nt.gov.au](mailto:ais@nt.gov.au)

For **Auslan interpreters** (via Deaf Can Do) Call us on (08) 08 8100 8200. After Hours Emergency Number 0417 233 369

## If you or somebody else is in immediate danger, call Triple Zero (000) for emergency assistance.

You can call **1800RESPECT (1800 737 732)** to speak with a counsellor, or [chat to them online here](#). They are free to call and operate 24 hours a day, 7 days a week. They can organise a safe telephone interpreter, just let the person know what language you require.

You can also contact Women's Safety Services SA Migrant Women's Support Program on **8152 9260** during business hours. This service can provide you with advice and support about your situation. It has multi-cultural and multi-lingual workers to help you.

If you are not a permanent resident and would like some legal information about your VISA and rights to stay in Australia if you separate due to domestic and family violence – you can contact the Migration team at the Legal Service Commission on **8111 553**.

