

Essential Contacts

No matter what you're going through, there is someone who can help. Use the contacts below as a place to reach out if or when you need. Services are available to all parents and carers.

Australasian Birth Trauma Association
support@birthtrauma.org.au - peer support

Australian Breastfeeding Association
1800 686 268 - 24/7 breastfeeding helpline

Bears of Hope
1300 11 HOPE - pregnancy and infant loss helpline

Continence Foundation of Australia
1800 330 066 - continence helpline Mon-Fri 8am-8pm

Gidget Foundation
1300 851 758 - Perinatal depression and anxiety helpline

Health Direct
1800 022 222 - 24/7 health advice helpline

Lifeline
13 11 14 - 24/7 crisis support and suicide prevention helpline

PANDA
1300 726 306 - perinatal mental health helpline Mon-Fri 9am-7:30pm

Poisons Information Centre
113 11 26 - 24/7 medication error and poison helpline

Red Nose Australia
1300 308 307 - 24/7 grief and loss helpline
1300 998 698 - safe sleeping advice helpline

1800 RESPECT
1800 737 732 - 24/7 domestic, family and sexual violence helpline

Find your village
www.thenurturedvillage.org

**THE NURTURED
VILLAGE.** *Hampers*