

Who can I call for information and advice?



National helplines for Australian pregnancy and parenting support, advice and information

Pregnancy, Birth and Baby

pregnancybirthbaby.org.au

1800 882 436

Advice and support for parents and families

healthdirect

healthdirect.org.au

1800 022 222

24 hour health advice

Australian Breastfeeding Association

breastfeeding.asn.au

1800 686 268

Advice and support on breastfeeding

PANDA

panda.org.au

1300 726 306

Parent support for anxiety and depression

ForWhen

forwhenhelpline.org.au

1300 24 23 22

Mental health support for new and expecting parents

Red Nose Grief and Loss

rednosegriefandloss.org.au

1300 308 307

Pregnancy and infant grief and loss support

Gidget Foundation

gidgetfoundation.org.au

1300 851 758

Emotional and mental wellbeing support

Miracle Babies Foundation

miraclebabies.org.au

1300 622 243

Support for families with premature or sick babies

Beyond Blue

beyondblue.org.au

1300 224 636

Speak to a trained mental health professional

Australasian Birth Trauma Association

birthtrauma.org.au

Support for birth-related trauma

Pink Elephants

pinkelephants.org.au

Miscarriage and early pregnancy loss support

Is it an emergency?

Call **triple zero (000)** if you or someone else needs urgent medical help



pregnancybirth&baby