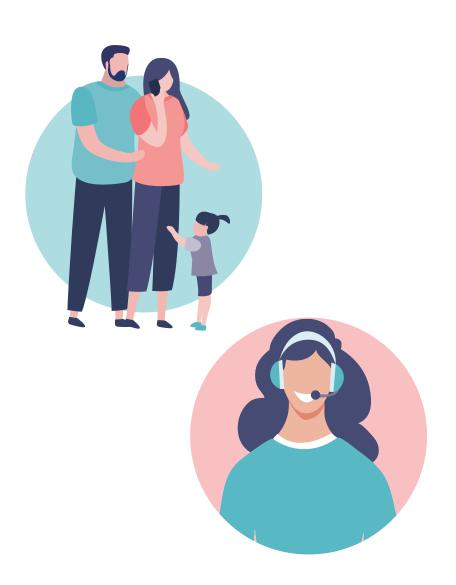
# Who can I call for information and advice?



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

## Pregnancy, Birth and Baby

1800 882 436

Advice and support for parents and families

#### healthdirect

1800 022 222

24 hour health advice

## Australian Breastfeeding Association

1800 686 268

Advice and support on breastfeeding

#### **PANDA**

1300 726 306

Parent support for anxiety and depression

#### ForWhen

1300 24 23 22

Mental health support for new and expecting parents

#### Red Nose

1300 308 307

Infant grief and loss support

## **Beyond Blue**

1300 224 636

Speak to a trained mental health professional

#### Lifeline

13 11 14

24 hour crisis support

# Relationships Australia

1300 364 277

Relationship support for families

## Miracle Babies Foundation

1300 622 243

Support for families with premature or sick babies

#### Sands

1300 308 307

24 hour pregnancy and infant loss

Is it an emergency?



