

# 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?**

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