

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

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