

# PREGNANCY & POST NATAL RESOURCES, HELP LINE, SERVICES

## PREGNANCY HELP AUSTRALIA

**24/7 Helpline 1300 139 313**  
**24/6 Text Chat**

If you need someone to talk to, their national network is available for you 24/7. They are here to listen to your story and concerns at no cost. They also offer pregnancy counselling and early parenting support.

[www.pregnancyhelpaustralia.org.au](http://www.pregnancyhelpaustralia.org.au)

## BIRTHLINE PREGNACY SUPPORT

**24 Hour Phone  
Counselling 1300 655  
156 or 08 8331 1223**

If you have had your pregnancy confirmed and are wondering what to do next, or if you are looking for resources or information, or if you just need to talk, call our 24 hour hotline for immediate help.

[www.birthline.org.au](http://www.birthline.org.au)

## PREGNANCY BIRTH BABY AUSTRALIA

**1800 882 436**

Supporting parents on the journey from pregnancy to preschool. Speak to a maternal child health nurse for personal advice and guidance and discover all about pregnancy, birth, being a parent and raising a child.

[www.pregnancybirthbaby.org.au](http://www.pregnancybirthbaby.org.au)

## PERINATAL & ANXIETY DEPRESSION AUSTRALIA (PANDA)

**1 300 726 306**

PANDA's free helpline is Australia's only free national helpline service for both men, women and their families affected by perinatal depression and anxiety.

[www.panda.org.au](http://www.panda.org.au)

## BEYOND BLUE

**24/7 Helpline 7 days a week**  
**1300 22 4636**

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

[www.beyondblue.org](http://www.beyondblue.org)

## LIFELINE

**24 Hour Phone Line 131114**

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services

[www.lifeline.org.au](http://www.lifeline.org.au)



# PREGNANCY & POST NATAL RESOURCES, HELP LINE, SERVICES

## **MENSLINE AUSTRALIA**

**1300 78 99 78**

A telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way.

[www.mensline.org.au](http://www.mensline.org.au)

## **AUSTRALIAN PSYCHOLOGICAL SOCIETY**

**1800 686 268**

The APS can assist you to find a psychologist who can provide psychological services and pregnancy support counselling for women, men and families. Seek qualified and trusted provider in your area:

<https://www.psychology.org.au/Find-a-Psychologist>

## **LACTATION CONSULTANTS OF AUSTRALIA AND NEW ZEALAND (LCANZ)**

**+61 2 9431 8621**

The professional organisation for International Board Certified Lactation Consultant's (IBCLCs®), health professionals and members of the public who have an interest in lactation and breastfeeding in Australia and New Zealand. Search for a lactation consultant.

<https://www.lcanz.org/find-a-lactation-consultant/>

## **MINDSPOT**

**1800 61 44 34 (Open on M-F and Sat)**

MindSpot is a free service for Australian adults who are experiencing difficulties with anxiety, stress, depression and low mood. We provide assessment and treatment courses, or we can help you find local services that can help. Not a crisis service.

[www.mindspot.org.au](http://www.mindspot.org.au)

## **AUSTRALIAN BREASTFEEDING ASSOCIATION**

**1800 686 268**

The Australian Breastfeeding Association (ABA) runs the National Breastfeeding Helpline 1800 mum 2 mum (1800 686 268). The Breastfeeding Helpline is available 24 hours a day, 7 days a week. It is staffed by trained, volunteer counsellors who answer calls on a roster system in their own homes.

[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)



# PREGNANCY & POST NATAL RESOURCES, HELP LINE, SERVICES

## TRESILLIAN

**Parent's Helpline 1300 272 736  
or online support**

An early parenting service offering guidance in the early years of a child's life. Support includes around topics such as breastfeeding and settling baby, as well as dealing with postnatal depression and nutrition.

[www.tresillian.org.au](http://www.tresillian.org.au)

## PLAY GROUP AUSTRALIA

**Parent's Helpline 1300 272 736  
or online support**

Playgroup Australia has a searchable database so that you can find a playgroup in your local area. There are specialised playgroups for families that speak a specific language or are dealing with a certain obstacle.

[www.playgroupaustralia.org.au](http://www.playgroupaustralia.org.au)

## RELATIONSHIPS AUSTRALIA

**1300 364 277**

Relationships Australia provides relationship support services to enhance human and family relationships. These services are offered in many locations across Australia.

[www.relationships.org.au](http://www.relationships.org.au)

## COPE

### CENTRE OF PERINATAL EXCELLENCE

Centre of Perinatal Excellence (COPE) is a not-for-profit organisation devoted to reducing the impacts of emotional and mental health problems in the pre and postnatal periods. See the list of groups and services per state:

[www.cope.org.au/new-parents/first-weeks/community-resources-providing-support/](http://www.cope.org.au/new-parents/first-weeks/community-resources-providing-support/)

## SANDS

**24/7 Support 1300 072 637**

Provides information via their website and confidential 24/7 support by trained supporters who have a personal understanding of the grief and confusion that may be experienced following miscarriage, stillbirth or death of a baby

[www.sands.org.au](http://www.sands.org.au)

