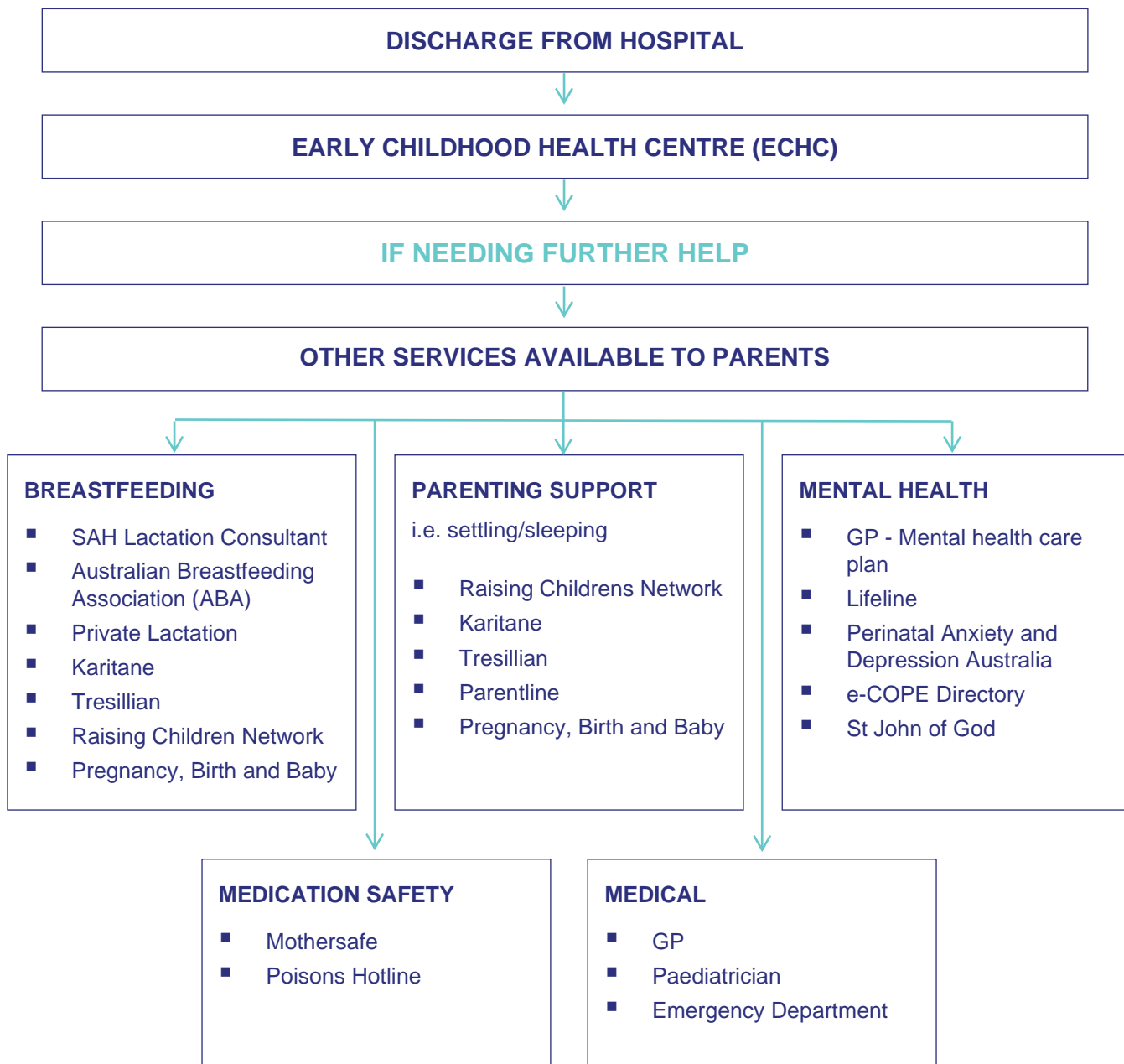


# COMMUNITY RESOURCES FLOW CHART



# COMMUNITY RESOURCES INFORMATION

## SAH Lactation Consultant

Ph. 9480 4071

When you have your baby at Sydney Adventist hospital you will have access to our lactation consultants for up to 6 weeks. Contact can be made by telephone and outpatient support is available. Office hours are from 8am until 2pm 7days a week. You do not need a referral to access this service.

## Australian Breastfeeding Association

Ph: 1800 686 268 for 24/7 support

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

The Australian Breastfeeding Association supports the breastfeeding goals of families. ABA offer a 24-hour Breastfeeding Helpline, an online information hub, LiveChat, mum2mum app, feed safe app, local support groups, antenatal classes and offer memberships. You do not need a referral to access this service.

## Private Lactation Consultants

[Find a Lactation Consultant \(lcanz.org\)](http://lcanz.org)

Private lactation consultants will often do home visits or work out of local offices or GP clinics. You can source one independently, without the need for a referral. Private fees vary and health insurance rebates may apply. Lactation consultations are not covered by Medicare.

## Karitane

Ph. 1300 227 464

[www.karitane.com.au](http://www.karitane.com.au)

Karitane offers face to face consultations, inpatient facilities, parenting group programs, virtual consultations, parenting group programs and a Parent's Help Line. Karitane can assist with unsettled baby's, maintaining breastfeeding, toddler behaviour and peri-natal anxiety and depression. This service accepts self-referrals as well as referrals from health care professionals.

## Tresillian

Ph. 1300 272 736

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

Tresillian offers face to face consultations, inpatient facilities, parenting group programs, virtual consultations, parenting group programs and a Parent's Help Line. Tresillian 2U Mobile Vans also visit families in regional districts around NSW. Tresillian can assist with unsettled baby's, maintaining breastfeeding, toddler behaviour and peri-natal anxiety and depression. This service accepts self-referrals as well as referrals from health care professionals.

## Raising Children Network

[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

The Raising Children Network is a complete online resource for Australian parents and carers. It offers trusted, reliable, free information in the form of video's, articles and apps around everyday parenting issues from pregnancy through to teens.

## Parentline NSW

Ph. 1300 1300 52

Parent Line is a free telephone counselling and support service for parents and carers with children aged 0 to 18 who live in NSW.

## Pregnancy, Birth and Baby

Ph. 1800 882 436

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

Pregnancy, Birth and Baby is a national Australian Government service providing support and information for expecting parents and parents of children from birth to 5 years of age. This may include support with feeding, settling, behaviour and development.

## Lifeline

Ph. 13 11 14

24-hour crisis support and suicide prevention service.

### **Perinatal Anxiety and Depression Association**

**Ph. 1300 726 306**

PANDA's National Perinatal Depression Helpline provides confidential information, support and referral to anyone affected by depression and anxiety during pregnancy and after childbirth (perinatal depression and anxiety), including partners, family members and friends.

### **e-COPE Directory**

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

The Centre of Perinatal Excellence (COPE) provides an e-COPE directory listing health professionals with demonstrated expertise in perinatal mental health, designed to meet the challenge of finding timely support and treatment for mental health challenges and associated risk factors during and after pregnancy.

### **St John of God**

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

St John of God offers a range of inpatient and outpatient services aimed at treating short-term and long-term perinatal anxiety and depression. Referral from a GP or health service is required. Programs costs are covered by most private health insurers. Any excess and/or co-payment depends on your level of cover.

### **Mothersafe**

**Ph. 1800 647 848**

[www.seslhd.health.nsw.gov.au/royal-hospital-for-women/services-clinics/directory/mothersafe](http://www.seslhd.health.nsw.gov.au/royal-hospital-for-women/services-clinics/directory/mothersafe)

The MotherSafe service provides a comprehensive counselling service for women and their healthcare providers concerned about exposures during pregnancy and breastfeeding. Such exposures may include:

- Prescription drugs
- Over-the-counter medications
- Street drugs
- Infections
- Radiation
- Occupational exposures

The website also have factsheets that provide general information on common exposures such as the use of pain relief or cold medication.

### **Poisons Hotline**

**Ph. 13 11 26**

The NSW Poisons Information Centre provides the latest poisons information to the public on the management of poisoned and envenomed patients.