

Victoria

For assistance please contact your local doctor/GP or maternal child health nurse.
For other helpful contacts please see the list below.

Information and Help Lines

<i>beyondblue</i> info line	1300 22 4636 (local call)
Maternal & Child Health Line	13 22 29
Parent Line	13 22 89
pregnancy, birth & baby helpline	1800 882 436
NURSE-ON-CALL	1300 60 60 24
Women's Information & Referral Exchange	1300 134 130
SuicideLine	1300 651 251
Lifeline	13 11 14
Mental Health Advice Line	1300 280 737
SANE Australia Helpline	1800 18 7263
Australian Psychological Society Referral Line	1800 333 497
MensLine	1300 78 99 78
Kids Helpline	1800 55 1800
Carers Australia	1800 242 636
Relationships Australia	1300 364 277

Support Services

Post and Antenatal Depression Association (PaNDa)	1300 726 306
Caroline Chisholm Pregnancy & Family Support Counselling Service	(03) 9370 3933
The Infant Clinic, Parent Infant Research Institute	(03) 9496 4496
ARAFEMI Victoria	(03) 9810 9300

Aboriginal or Torres Strait Islander people, please contact your local Aboriginal Community Controlled Health Services to find out more about Mental Health Services and referrals.

For an up-to-date list of resources, please visit

www.beyondblue.org.au or call the
***beyondblue* info line on 1300 22 4636**



Things to remember

- Pregnancy, birth and early parenthood is a time of change.
- It may be difficult to adjust to these changes.
- There are many ways of preparing for and managing pregnancy, birth and early parenthood so that you can minimise stress and make the most of it.
- Depression and anxiety can occur at any time in your life and are often triggered by a major event like pregnancy or having a baby.
- Postnatal depression affects almost 16 per cent of women giving birth in Australia.
- Depression and anxiety are treatable and effective treatments are available.
- Recovery is common.
- If you are concerned that you or someone you know may have symptoms of depression and anxiety, please contact a doctor or health professional.
- It is important to seek help – the sooner the better.
- Help is as close as a telephone call or a mouse click away.

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