

Information for YOU

Antenatal services have a SafeStart Team that is made up of specialised perinatal health professionals available to help support pregnant women and their families to experience a pregnancy and post birth journey that is as smooth as possible for your emotional wellbeing.

The SafeStart Team have provided the below list of current resources and websites which may be of value.

Supports in the Community

Mental health

www.cope.au and parents fact sheets- www.cope.org.au/?s=covid+19

www.cope.org.au/getting-help/self-help/covid-19-updates-for-pregnant-women-children-and-parents/

www.beyondblue.org.au and www.justspeakup.com.au

www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak

www.blackdoginstitute.org.au

Urgent mental health Crisis Support

Acute Care Team - Phone support - 1300 MH CALL (1300 64 2255) 24 hr Specialist Mental Health Advice

Physical health and wellbeing

Active and Healthy Gold Coast

<https://www.goldcoast.qld.gov.au/documents/bf/active-healthy-program-full.pdf>

Perinatal Anxiety and depression

Perinatal Anxiety and Depression Australia –

www.panda.org.au and parents fact sheets

PANDA –Ph: 1300 726 306 free phone support

www.mumspace.com.au

Parenting support

www.raisingchildren.net.au

<https://www.benevolent.org.au/services-and-programs/list-of-programs/early-years-centre>

Supports for Fathers

www.howisdadgoing.org.au

www.sms4dads.com

www.dadsgroup.org

For further **Social Worker Support at GCUH** - via face to face contact (if urgent) at GCUH, phone contact and or video phone call (telehealth). Contact: 0436813217 – and our Social Worker will respond at their earliest availability to initiate an appointment

Alternatively, you may wish to connect with your local GP for local community referral

Relationship support

<https://www.familyrelationshipsonline.gov.au>

Domestic Violence

Womensline 1800 811 811

Mensline 1800 600 636

Domestic Violence Prevention Centre – 0755329000 or info@domesticviolence.com.au

SARA Program Multicultural Families Organisation Mobile: 0405 065 544

Email intake@saraprogram.org.au

Sexual Assault

Sexual Assault Helpline 1800 010 120

Other resources

Free Gold Coast counselling: **NewAccess**: is a free mental health coaching program for anyone who is feeling stressed, anxious or overwhelmed about everyday life issues

Ph 1800 010630. Free phone, or skype

Gold Coast Primary Health Network Psychological Services Program

A Mental Health Plan is required from a GP. Pregnant mothers suffering or at risk of perinatal depression and or/ anxiety, moderate in severity. Free psychological intervention if holder of a Health Care Card.

Gidget Psychological service “Start Talking” Skype/Telephone- bulkbilled

Multicultural Families Organisation (MFO)- 07 5571 0381 www.mfo.org.au

Alcohol and Other Drug Service (AODS) -central GC – 56877062/southern GC 55255701

Gold Coast Food Aid <https://go.aws/2U9iRvY>

Pregnancy Family Support (PFS) – 07 55758442 - Counselling and free practical items

Australasian Birth Trauma Association – 0412 445 770 support@birthtrauma.org.au

Phone Apps

Beyond Now - Suicidal Thoughts or Suicidal crisis safety planning

Daisy – Multicultural app -www.1800respect.org.au/daisy/ 1800RESPECT

Mind the bump- Mindfulness Meditation for individuals and couples

COVID Information fact sheets

<https://www.health.qld.gov.au/qcg/publications#maternity>

People who have no other means of support regarding the current Covid-19 event can call the **Community Recovery Hotline for assistance.**

The Community Recovery Hotline can be contacted on 1800 173 349.

Queenslanders who require *health advice or information* while in quarantine or self-isolation should continue to call **13 HEALTH (13 43 25 84)** or visit the Queensland Health website.

For government information - App Coronavirus

Services Australia website or call 132 468