

ARE YOU A PARENT OR ABOUT TO BECOME A PARENT?

In the past week have you felt any of the following?



- ~ Lack of enjoyment in the things you used to do
- ~ Worrying about every little thing
- ~ Feeling like you can't cope - that there is something wrong with you



- ~ When things go wrong you blame yourself
- ~ You feel you want to cry all the time

- ~ The thought of harming yourself or your children has occurred to you



- ~ You can't sleep even though you are so tired, or when your baby is asleep



- ~ You don't laugh as much as you used to



- ~ You have noticed significant changes in your weight and appetite

- ~ Your relationship with your partner is not as good as it used to be



- ~ You wonder how you can feel so bad when you've got this beautiful baby



- ~ You feel alone & don't want to see your friends or leave the house
- ~ You feel scared and panicky and you don't know why
- ~ You can't concentrate on anything anymore



New or expectant parents can sometimes think and feel this way. It doesn't mean you are a bad person or a bad parent. It may just mean you need some help adjusting to this new stage in your life.

If you frequently experience some of these feelings, it is important that you talk them over with a caring health professional that you trust.

Know that help is available. You can: • Make a 30 minute appointment with your GP

- Call your local Maternal and Child Health Nurse: - Kingston City Council 1300 653 356 - Bayside City Council 9599 4403

OTHER SERVICES THAT MAYBE OF HELP ARE:
 Maternal & Child Health Line(24hrs) 132 229
 Contraception and Pregnancy Care
 Frankston Youth Resource Centre 9770 6222
 Kingston Breastfeeding Support Service 0438 597 560
 Life Line(24Hrs) 13 11 14
 Care Ring (24hr) 13 61 69
 Parentline (24hr) 13 22 89
 Parentline (24hr) for deaf or hearing impaired 13 22 89
 Relationships Australia 1800 817 569
 Australian Breastfeeding Association 9885 0653

LOCAL COMMUNITY SERVICES
 Alfred Child & Adolescent Mental Health Services (Infant program) 8552 0555
 Dingley Village Community Advice Bureau 9551 1799
 Bentleigh Bayside Community Health Service 9575 5333
 Kingston Family Support Program 9581 4860
 Kingston Family Day care 9581 4584
 Hanover Housing Services 9556 5777
 Emotional Health Centre 9553 7127
 Southern Family Life 9598 2133
 SOS Counselling 9583 9869
 Family Mediation Centre 9555 9300
 Verve 8567 3030

YOUNG MOTHERS GROUP (Under 25 years)
 Central Bayside Community Health Services 9781 9333
 Bentleigh Bayside Community Health Service 9575 5333

SUPPORT GROUP
 Post and Antenatal Depression Ass Inc (panda) 9428 4600
 P.A.I.R.S (Parents and Infant Relationship Support program) 8587 0200
 Alfred & Adolescent Mental Health Services Infant Program 8552 0555

HOSPITALS WITH SPECIALIST INPATIENT MOTHER BABY UNITS
 Monash Medical Centre(Mother & Baby unit) 9594 1414
 Rosebud Hospital (Mother & Baby Unit) 5986 0666
 Albert Rd Clinic (Parent & Infant Unit) 9256 8392/8304
 Mercy Hospital for Women (Mother & Baby Unit) 9270 2418
 Melbourne Clinic 9429 4688
 Alcohol and Drugs Pregnancy Team (ADAPT-Monash Medical Centre) 9594 5628
 Monash Medical Centre Young Women's Antenatal Clinic 9594 2445

SERVICES- Focus on Infant difficulties
 O'Connell Family Centre 8416 7600
 Queen Elizabeth Centre 9549 2777

INTERNET
www.beyondblue.org.au
www.depressionet.com.au

KINGSTON'S LANGUAGE LINE

Main switchboard	9581 4567	Greek	Ελληνικά	9679 9885
Facsimile	9581 4500	Italian	Italiano	9679 9859
TTY (for hearing impaired)	9581 4506	Vietnamese	Việt-Ngữ	9679 9886
Arabic	9679 9881	Including		
Cambodian	9679 9882	Mandarin	國語	Somali - Soomaali
Cantonese	9679 9883	Polish	Polski	Spanish - Español
Croatian	9679 9884	Sinhalese	සිංහල	Turkish - Türkçe

