



# Finding Support: a guide for you, after The Birth Reflection

Building your community for when you need it



## A Step-by-Step Guide

Thank you for giving time to your Birth Reflection. Your story is important. Here's how you can move forward with support made for this stage of parenthood.

Below is a step-by-step guide to help you access the services you need.

Each section is broken down into subsections, so you can easily find what's most relevant to you.

***"True strength isn't carrying it all alone; it is knowing when to share the load."***

## **A) FOR DIRECT SUPPORT (IMMEDIATE 24/7)**

If you are having suicidal thoughts or are feeling disoriented it's important to get help immediately. |

-CALL 000 for police and ambulance if you or someone else are in immediate danger.

-Lifeline 13 11 14 (24/7)

-Beyond Blue 1300 22 4636 (24/7)

-13YARN (13 92 76) For Aboriginal and Torres Strait Islander people.

1800RESPECT (1800 737 732 or text 0458 737 732). (24/7)

## **B) FOR DIRECT SUPPORT (short term)**

### **PANDA**

If you are an expecting parent, new parent, or support person looking for safe, caring, and confidential space to talk, the PANDA National Helpline is available on:

**1300 726 306 Monday to Friday, 9am - 7.30pm**

**Saturday, 9am – 4pm (AEST/AEDT)**

**PANDA is open all public holidays, except Christmas Day.**

## C) FOR DIRECT SUPPORT (long term- ongoing)

### Mums Matter Psychology

Mums Matter Psychology offers compassionate and accommodating support, specialising in the perinatal journey. They provide up to 10 bulk-billed (FREE) therapy sessions per calendar year for both mums and dads. Typically the wait time is 2-4 weeks from when you are added to their waitlist.

#### Steps to Access Mums Matter Psychology:

1. **Visit their Website:** Go to [www.mumsmatterpsychology.com](http://www.mumsmatterpsychology.com)
2. **Click on the 3 lines** (Top right corner)
3. **A) For Mums:** Select 'For new clients' and **read FIRST** 'New Client Info'. To understand the process. **New Client Form:** Fill out the 'New Client Form' to begin the process.  
  
**B) For Dads:** Select 'Therapy for Dads' to explore the support options available specifically for fathers. **New Client Form:** Fill out the 'New Client Form' to begin the process.

### Gidget Foundation

The Gidget Foundation offers both individual and group support services specifically for new and expecting mums and dads. You will be treated with care and compassion. Providing up to 10 bulk-billed (FREE) sessions per calendar year.

#### Steps to Access Gidget Foundation Support:

1. **Visit the Website:** Head to [www.gidgetfoundation.org.au](http://www.gidgetfoundation.org.au)
2. **Support Section:** Click on the 'Support' tab on the homepage.
3. **Explore Options:** Scroll down the page to review the options and follow the steps that best suit your needs.
4. **Support for Mums:** Select an option which suits you (eg face to face, telehealth etc)
5. **Support for Dads:** Select 'Support for Dad' to view the various options available.

# WHEN YOU'RE NOT SURE OF WHAT YOU NEED

## ForWhen Call Line

The ForWhen Call Line is a valuable resource for families expecting or with a baby under 12 months. When you call, a navigator will guide you through how to connect with the help you need, even if you're unsure of what that might be.

### How to Use ForWhen Call Line:

- **Phone Number:** Call 1300 24 23 22 to speak with a navigator who can assist you in finding the right support. They are kind, caring and highly experienced in supporting families journeying through your season.

## COPE DIRECTORY (ONLINE)

A detailed and extensive list of supports and services. Use the filters to narrow down what you are looking for: (example: face to face, online, bulk billed, IVF specific, local etc )

### How to Use COPE Directory:

- **Visit the Website:** Head to [www.cope.org.au](http://www.cope.org.au)
- **Follow the steps:** Click on the 'Getting Help' tab on the homepage. Next click on "find help on the cope directory".
- **Explore Options** Select the category that best suits you and follow the filters and prompts.

**Remember, seeking support is a positive step towards ensuring the well-being of both you and your family. Don't hesitate to reach out and take advantage of these resources.**

**Any questions or to book an additional**

**Birth Reflection Session reachout at:**

**[www.iamableconnect.com.au](http://www.iamableconnect.com.au)**