



















# Perinatal Mental Health Service Directory – Great Southern

Great Southern Perinatal Mental Health Services		
<p><b>Amity</b></p> 	<p>Phone: 9842 2797            Email: <a href="mailto:query@amityhealth.com.au">query@amityhealth.com.au</a></p>	<p>Amity Health offers funded mental health counselling for eligible children, teens and adults.            A GP or Health Professional referral is required. Amity Health is a registered NDIS provider.</p>
<p><b>Bouncing Back</b></p> 	<p>Ask for a referral from your GP or            Phone: 9842 2643 or 0428 223 535</p>	<p>A group for parents aimed at reducing depression during and after pregnancy. This group is run in Albany by WA Country Health Service.</p>
<p><b>Rainbow Coast Neighborhood Centre</b></p> 	<p>Phone: 9841 8254            Email: <a href="mailto:thenest@rcnc.org.au">thenest@rcnc.org.au</a>            Website:  <a href="https://www.rcnc.org.au/programs/2016/10/4/the-nest">https://www.rcnc.org.au/programs/2016/10/4/the-nest</a></p>	<p>A facilitated support group for mums meeting two hours weekly for eight weeks to provide parent support and knowledge.</p>
<p><b>Relationships Australia</b></p> 	<p>Phone: 6164 0530 (Albany)            Phone: 6164 0655 (Tambellup)            Email: <a href="mailto:albany@relationships.org.au">albany@relationships.org.au</a>            Web: <a href="http://www.relationships.org.au">www.relationships.org.au</a></p>	<p>Relationship Australia can provide support for families by counselling, emotional and psychosocial support, case work, workshops, seminars, groups and support for grandparents and carers.</p>
<p><b>Southern Agcare</b></p> 	<p>Phone: 9827 1552            Email: <a href="mailto:admin@southernagcare.org.au">admin@southernagcare.org.au</a>            Web: <a href="http://www.southernagcare.org.au">www.southernagcare.org.au</a></p>	<p>A counselling and support service for rural people by rural people across the Great Southern.</p>

<p><b>Wanslea</b></p> 	<p>Phone: 9843 0077</p> <p>Email: <a href="mailto:support@wanslea.org.au">support@wanslea.org.au</a></p> <p>Website: <a href="http://www.wanslea.org.au">www.wanslea.org.au</a></p>	<p>Wanslea offer a range of supports services and programs for parents, caregivers and grandparents. Get in touch or visit their website to learn more about their programs.</p>
<p><b>Online and phone Perinatal Mental Health Services</b></p>		
<p><b>For When</b></p> 	<p>For When: 1300 242 322</p> <p>Website: <a href="https://forwhenhelpline.org.au">https://forwhenhelpline.org.au</a></p>	<p>Ngala offer a support line called 'For When' to connect you to local mental health services and provide interim support while on waitlists.</p>
<p><b>Gidget Foundation Australia</b></p> 	<p>Phone: 1300 851 758</p> <p>Website: <a href="http://www.gidgetfoundation.org.au">www.gidgetfoundation.org.au</a></p>	<p>Gidget Foundation Australia provide information and resources to support emotional wellbeing of expectant and new parents using telehealth for families experiencing perinatal depression and anxiety. To access telehealth service requires a GP referral with a mental health care plan.</p>
<p><b>Mum Space</b></p> 	<p>Website: <a href="http://www.mumspace.com.au">www.mumspace.com.au</a></p>	<p>Mum Space have created mum2BmoodBooster a free online program to help women recover from antenatal depression. You will have access to six online sessions.</p>
<p><b>Ngala</b></p> 	<p>Phone: 9368 9368</p> <p>Website: <a href="http://www.ngala.com.au">www.ngala.com.au</a></p>	<p>Support to families with children aged 0-8 years living in regional rural and remote Western Australia</p>
<p><b>Panda</b></p> 	<p>Phone: 1300 726 436</p> <p>Email: <a href="mailto:support@panda.org.au">support@panda.org.au</a></p> <p>Website: <a href="http://www.panda.org.au/info-support">www.panda.org.au/info-support</a></p>	<p>Perinatal Anxiety and Depression Australia (PANDA) has a free, confidential helpline for family members affected by perinatal depression and anxiety. PANDA also provide a range of resources and information.</p>
<p><b>Pregnancy, birth and baby</b></p> 	<p>Phone: 1800 882 436</p> <p>Website: <a href="http://www.pregnancybirthandbaby.org.au">www.pregnancybirthandbaby.org.au</a></p>	<p>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. Speak to a maternal child health nurse – 7am to midnight, 7 days a week.</p>

<p><b>Sands</b></p> 	<p>Phone: 1300 308 307 Website: <a href="http://www.sands.org.au">www.sands.org.au</a></p>	<p>Meeting bereaved parents where they are, when their pregnancy has ended, or their baby has died – whether recently or many years ago.</p>
<b>Perinatal Mental Health Resources</b>		
<p><b>Baby Steps</b></p> 	<p>Website: <a href="http://www.babysteps.org.au">www.babysteps.org.au</a></p>	<p>Information on caring for a newborn, looking after yourself, and how parents can support each other.</p>
<p><b>Cope</b></p> 	<p>Website: <a href="http://www.cope.org.au">www.cope.org.au</a></p>	<p>A range of resources for expecting and new parents and their support person.</p>
<p><b>Mum Space</b></p> 	<p>Website: <a href="http://www.mumspace.com.au">www.mumspace.com.au</a></p>	<p>Mum Space have produced an app called MindMum which provides guidance and advice.</p>
<p><b>Raising Children</b></p> 	<p>Website: <a href="http://www.raisingchildren.net.au">www.raisingchildren.net.au</a></p>	<p>Free, reliable and credible information to help your family thrive together. Designed for busy families and full of tips and tricks for you to try, our content is easy to find and easy to digest. Articles, videos and interactive resources are tailored to different ages and stages.</p>
<p><b>This Way Up</b></p> 	<p>Website: <a href="https://thiswayup.org.au/programs/perinatal-mental-health-programs/">https://thiswayup.org.au/programs/perinatal-mental-health-programs/</a></p>	<p>Learn practical strategies for managing anxiety and low mood during pregnancy and postpartum with an online program for parents.</p>
<p><b>Towards Parenthood</b></p> 	<p>Website: <a href="http://www.towardsparenthood.org.au">www.towardsparenthood.org.au</a></p>	<p>A self-help guidebook for new or expecting parents preparing you for emotionally, socially and psychologically for parenthood.</p>
<p><b>What Were We Thinking</b></p>	<p>Website: <a href="http://www.whatwerewethinking.org.au">www.whatwerewethinking.org.au</a></p>	<p>Information, resources and reassurance for new parents navigating the highs and lows of life with a baby.</p>

 <p>What Were We Thinking!</p>		<p>You can also download their free app <b>What Were We Thinking!</b></p>
<h3>Perinatal Mental Health Resources for Dads</h3>		
<p>Milk Man</p> 	<p>Website: <a href="http://www.pifistudy.net.au/milkman/">www.pifistudy.net.au/milkman/</a></p>	<p>MilkMan is a smartphone app designed for men to get thinking and talking about breastfeeding and preparing to be a dad.</p>
<p>SMS4dads</p> 	<p>Website: <a href="http://www.sms4dads.com.au">www.sms4dads.com.au</a></p>	<p>Fathers, dads-to-be, families and health professionals can receive free text messages, support, information and tips through this service. It's especially useful for dads and dads-to-be.</p>
<p>Ngala</p> 	<p>Website: <a href="https://www.ngala.com.au/workshop/youre-going-to-be-a-dad/">https://www.ngala.com.au/workshop/youre-going-to-be-a-dad/</a></p>	<p>You're going to be a dad – free one-hour online session, preparing dads for birth and fathering</p>

