



# For New Parents - Guide of Useful Numbers, Services & Resources

For all Illawarra parents, please take a copy or print this complimentary useful guide and pop it on your fridge. Share this helpful resource with any local parents or parents to be!

## EMERGENCY CONTACT NUMBERS (24 HOURS)

**Lifeline:** 13 11 14

**National Poisons  
Information Centre:**

**Police/Ambulance:**  
000

131 126

## PRE, PERI AND POST NATAL SUPPORT FOR MOTHERS

**Perinatal Anxiety  
and Depression  
Australia (PANDA)  
Helpline**

1300 726 306  
[panda.org.au](http://panda.org.au)

**Pregnancy, Birth  
and Baby**

1800 882 436  
[pregnancybirthbaby.org.au](http://pregnancybirthbaby.org.au)

**Australian  
Breastfeeding  
National  
Breastfeeding  
Helpline**

1800 MUM 2 MUM  
or 1800 686 268  
[breastfeeding.asn.au](http://breastfeeding.asn.au)

## HEALTH

**Healthdirect - Free  
Australian Health  
Advice**

1800 022 222  
(not in VIC or QLD)  
[healthdirect.gov.au](http://healthdirect.gov.au)

**St Johns First Aid  
for Children  
Training**

1300 360 455  
[stjohnnsw.com.au/  
training/](http://stjohnnsw.com.au/training/)

**Medicare Public  
Enquiries Line**

132 011

**Mensline Australia -  
Support and referral  
to specialist men's  
services**

1300 789 978  
[mensline.org.au](http://mensline.org.au)

**Beyond Blue**

1300 22 4636  
[beyondblue.org.au](http://beyondblue.org.au)

## Useful Tips for Parents!

Accept offers of support from friends and family, it takes a village :)

Add your baby to your private health insurance policy ASAP

Get your child on waitlists for local childcare or family daycare

## PARENTING SUPPORT SERVICES

**Illawarra Early Parenting Centre** - Postnatal support programs for families with children aged two months to two years old. Home visits, day program education and local residential support program options available at Figtree Private Hospital. 02 4255 5000  
[figtreeprivate.com.au](http://figtreeprivate.com.au)

**NSW Parent Helpline** - A telephone counselling, information and referral service for parents of children ages 0 to 18 who live in NSW. 1300 1300 52  
[parentline.org.au](http://parentline.org.au)

**Child and Family Health Services - Illawarra and Shoalhaven** - Supporting the health and well being of families with children from birth to five years. 02 4295 2372  
[isld.health.nsw.gov.au](http://isld.health.nsw.gov.au)

**Raising Children Network** - Provides up-to-date, evidence-based, scientifically validated information about raising children.  
[raisingchildren.net.au](http://raisingchildren.net.au)

## RELATIONSHIP SUPPORT

**Family Relationship  
Advice Line**  
1800 050 321  
[familyrelationships.gov.au](http://familyrelationships.gov.au)

**Relationships  
Australia**  
1300 364 277  
[relationships.org.au](http://relationships.org.au)

**1800 RESPECT**  
1800 737 732  
National Sexual  
Assault, Domestic  
and Family Violence  
Counselling Service  
[1800respect.org.au](http://1800respect.org.au)

## LOCALLY SOURCED FRESH FOOD DELIVERIES

**Green Connect**  
02 4243 1537  
[green-connect.com.au](http://green-connect.com.au)

**Illawarra Fruit Direct**  
02 4285 6856  
[illawarrafruitdirect.com.au](http://illawarrafruitdirect.com.au)

**Grandma Rosies**  
02 4229 7127  
[grandmarosies.com](http://grandmarosies.com)

**Karitane** - Provides education and support to parents with children from birth to 5 years of age including sleep and settling, crying babies feeding, toddlers, development milestones, adjustment to parenting 1300 CARING or 9794 2350  
[karitane.com.au](http://karitane.com.au)

**Tresillian** - An early parenting service offering families guidance in the early years of their child's life. Supports new parents around breastfeeding and settling baby, as well as dealing with post-natal depression and nutrition. 1300 272 736  
[tresillian.org.au](http://tresillian.org.au)

**Red Nose** - Provides families with education, news, events and support to prevent Sudden Infant Death Syndrome (SIDS). For Safe Sleeping Education: 1300 998 698 For Grief and Loss: 1300 308 307  
[rednose.com.au](http://rednose.com.au)

## FINANCIAL ASSISTANCE

**Salvation Army**  
1300 371 288  
[salvos.org.au/need-help/financial-assistance](http://salvos.org.au/need-help/financial-assistance)

**Anglicare Australia**  
[anglicare.org.au/  
what-we-offer/  
food-and-financial-assistance/](http://anglicare.org.au/what-we-offer/food-and-financial-assistance/)

**St Vincents De Paul**  
02 9568 0262  
[vinnies.org.au/find-help](http://vinnies.org.au/find-help)

## CHILDREN'S ACTIVITIES

**Playgroup Australia**  
1800 171 882  
[playgroupaustralia.org.au](http://playgroupaustralia.org.au)

**Baby / Kids Classes**  
[parents-guide.com.au/  
local-directory/  
development-play/  
baby-and-kids-classes](http://parents-guide.com.au/local-directory/development-play/baby-and-kids-classes)

**Wollongong City  
Libraries - Kids  
Activities**  
[wollongong.nsw.gov.au/  
library/activities/  
kidsprograms/Pages/  
default.aspx](http://wollongong.nsw.gov.au/library/activities/kidsprograms/Pages/default.aspx)

**Family Friendly  
Dining Options**  
[parents-guide.com.au/  
local-directory/  
child-friendly/family-friendly-eateries](http://parents-guide.com.au/local-directory/child-friendly/family-friendly-eateries)