



Government of **Western Australia**  
North Metropolitan Health Service  
Women and Newborn Health Service



**Finding help  
before and after  
baby arrives**



This publication provides a list of resources for individuals and families during pregnancy and after the birth of a baby.

For free\* phone support, contact the **Pregnancy Birth and Baby Helpline** on **1800 882 436**. This service is available 7 days a week, 7am to midnight (AEST). It provides high quality information and can redirect you to other services if appropriate.

\* Calls from landlines are free.  
Mobile charges may apply.

**For all emergencies, please call 000.**

Phone numbers and websites contained in this resource were correct at the time of publication.

Good sources of information and help include:

**Healthdirect Australia** – for 24-hr phone health advice staffed by registered nurses, call 1800 022 222 or visit [healthdirect.gov.au](http://healthdirect.gov.au).

**General practitioners** – find your local GP by calling Healthdirect Australia on 1800 022 222. Also find after-hours GPs and after-hours locum services.

## Child health nurses

**Metropolitan area** – find your local child and community health centre via the central booking system on 1300 749 869.

**Rural areas** – go to [wacountry.health.wa.gov.au](http://wacountry.health.wa.gov.au) and find your community child health nurse by clicking on your region.

**National Relay Service (NRS)** – provides assistance to deaf, hearing and speech impaired persons requiring assistance receiving and making calls, 1800 555 677.

**Interpreter service** – 13 14 50

For information about **emotional wellbeing for parents**, go to:  
[healthyfamilies.beyondblue.org.au](http://healthyfamilies.beyondblue.org.au)

For a list of **mental health services** in WA, go to [mhc.wa.gov.au/getting-help](http://mhc.wa.gov.au/getting-help)



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## Aboriginal resources

### Aboriginal Family Legal Services

(08) 9335 1502 • 1800 469 246  
afls.org.au

### Aboriginal Legal Service

(08) 9265 6666 • 1800 019 900 (free call)  
als.org.au

### Babbingur Mia Health Service (Rockingham)

(08) 9550 0900  
southcoastal.org.au

### Derbarl Yerrigan Health Service

(08) 9421 3888  
dyhs.org.au

### Kambarang Place

(08) 9328 7562  
ruah.org.au (search for Kambarang Place)

### Meerilinga Parent Support Service

(08) 9489 4022 (Perth) • 1800 200 702 (regional)  
meerilinga.org.au

### Ngala program Central

#### Ngalang Moort Ngalang Kurlangah

(08) 9368 9368  
ngala.com.au (search for the name above)

### Ruah Community Services

13 78 24  
ruah.org.au

### Wungening Aboriginal Corporation (Perth)

(08) 9221 1411  
wungening.com.au

### Yorgum Healing Services (Perth)

(08) 9218 9477 • 1800 469 371 (free call)

## Accommodation

### **Crisis Care – refuge service (24hr)**

1800 199 008 (free call)

wa.gov.au (search for crisis care)

### **Homelessness Entry Point**

(08) 6496 0001 • 1800 124 684

uwa.edu.au (search for above name)

### **Uniting WA**

1300 663 298

## Alcohol and drugs

### **Alcoholics Anonymous (AA) (24-hr helpline)**

(08) 9325 3566 • 1300 222 222

aa.org.au

### **Alcohol and Drug Support Line (24-hr helpline)**

9442 5000

Country/regional: 1800 198 024 (free call)

alcoholthinkagain.com.au

### **Holyoake**

(08) 9416 4444 • holyoake.org.au

### **Luma**

(08) 6330 5400 • luma.org.au

### **Mental Health Commission**

mhc.wa.gov.au

### **Next Steps**

(08) 9219 1919

### **Parent and Family Drug Support Line (24 hr helpline)**

(08) 9442 5050 • 1800 653 203 (free call)

## Complaints

### **Consumer Protection Advice Line**

1300 304 054 • accc.gov.au

### **Health Consumer's Council**

(08) 9221 3422 • 1800 620 780 (free call)

hconc.org.au

## Counselling services: Metropolitan

### Anglicare

1300 114 446

[anglicarewa.org.au](http://anglicarewa.org.au)

### Centrecare

(08) 9325 6644

[centrecare.com.au](http://centrecare.com.au)

### The Compassionate Friends (bereavement and grieving)

1300 064 068 (free call)

[tcfa.org.au/wa-mandurah](http://tcfa.org.au/wa-mandurah)

### City of Cockburn Family Support

(08) 9411 3859 (Success)

(08) 9411 3851 (Coolbellup)

### Luma

(08) 6330 5400 • 1800 998 399 (free call)

[luma.org.au](http://luma.org.au)

### QLife (3pm–midnight, 7 days)

1800 184 527

### Relationships Australia

1300 364 277

### Women's Health and Wellbeing Service

(08) 9490 2258

## Counselling services: Country

### Anglicare

1300 114 446

[anglicarewa.org.au/contact](http://anglicarewa.org.au/contact)

### Centrecare

(08) 9325 6644

[centrecare.com.au/contact-us](http://centrecare.com.au/contact-us)

### Desert Blue Connect (Geraldton)

(08) 9964 2742

[desertblueconnect.org.au](http://desertblueconnect.org.au)

### Farmer Assistance Hotline

13 23 16

[agriculture.gov.au](http://agriculture.gov.au) (search for drought or farm assistance)

**Goldfields Women's Healthcare Centre**

(08) 9021 8266  
gwhcc.org.au

**Hedland Well Women's Centre**

(08) 9140 1124  
wellwomens.com.au

**Relationships Australia**

1300 364 277  
relationshipsau.org.au

**South West Counselling**

(08) 9754 2052  
swcounselling.org.au

**South West Women's Health and Information Centre**

(08) 9791 3350 • 1800 673 350 (free call)  
swwhic.com.au

**Crisis or emergency****Crisis Care (24hr)**

(08) 9223 1111 • 1800 199 008 (free call)  
wa.gov.au/service/community-services/  
community-support/crisis-care

**Kids Helpline (24hr)**

1800 551 800 (free call)  
kidshelpline.com.au

**Lifeline (24hr)**

13 11 14  
wa.lifeline.org.au

**Mental Health Emergency Response Line**

Metro area: 1300 555 788  
Peel area: 1800 676 822

**Rurallink (rural & remote mental health phone service)**

1800 552 002 (after hours)  
mhc.wa.gov.au



### **The Samaritans 24/7 Helpline**

Dial new emergency number '988'  
[thesamaritans.org.au](https://thesamaritans.org.au)

### **St Vincent De Paul Society Emergency Relief Assistance**

(08) 6323 7500 • 1300 794 054 (weekdays)  
[vinnies.org.au/wa](https://vinnies.org.au/wa)



## **Cultural resources**

### **ASeTTS (Association for Services to Torture & Trauma Survivors)**

(08) 9227 2700  
[asetts.org.au](https://asetts.org.au)

### **Australian Asian Association of WA**

(08) 9328 6202

### **Kin (formerly Ethnic Disability Advocacy Centre)**

(08) 9388 7455 • 1800 659 921 (free call)

### **Humanitarian Group**

(08) 6148 3600

### **Ishar Multicultural Women's Health Centre**

(08) 9345 5335  
[ishar.org.au](https://ishar.org.au)

### **Multicultural Futures**

Bentley Head Office: (08) 9336 8282  
Kwinana and Rockingham: (08) 9336 8282  
Mirrabooka: (08) 9207 1527 & (08) 9336 8282  
Cockburn: (08) 9494 3781 & (08) 9336 8282

### **Multicultural Services Centre**

(08) 9328 2699

### **Women's Health and Family Services**

(08) 9328 1200

### **Muslim Women's Support Centre**

(08) 9451 5696

## **Disabilities**

**Department of Communities, Disability Services**  
1800 176 888 (free call)

### **Emmanuel Centre**

(08) 9328 8113  
SMS 0478 264 335

### **People with Disabilities WA**

(08) 9420 7279 • 1800 193 331 (free call) •  
0488 798 615 (text only)

### **People Who Care**

(08) 9379 1944

## Domestic violence

**Women's Domestic Violence Helpline (24hr)**  
1800 007 339 (free call)

**1800 Respect (24hr)**  
1800 737 732

**Men's Domestic Violence Helpline (24hr)**  
1800 000 599 (free call)

**Domestic Violence Advocacy and Support (DVAS) Central**  
(08) 6330 5400

**Domestic Violence Legal Unit (Legal Aid)**  
1300 650 579 (General info only)  
(08) 9261 6804 (Domestic violence only)

**Crisis Care (24hr)**  
(08) 9223 1111 • 1800 199 008 (free call)

**Djinda Services – Aboriginal**  
(08) 6164 0650

## Emotional health websites

[actbelongcommit.org.au](http://actbelongcommit.org.au)

[beyondblue.org.au](http://beyondblue.org.au)

[cope.org.au](http://cope.org.au)

[forwhenhelpline.org.au](http://forwhenhelpline.org.au)

[gidgetfoundation.org.au](http://gidgetfoundation.org.au)

[jeanhailes.org.au](http://jeanhailes.org.au)

[mhc.wa.gov.au](http://mhc.wa.gov.au)

[mindspot.org.au](http://mindspot.org.au)

[panda.org.au](http://panda.org.au)

## Family services and resources

**Australian Breastfeeding Association**  
1800 686 268 (free call)

**Child and Parent Centres**  
childandparentcentres.wa.edu.au

**ForWhen National Help Line**  
Mon-Fri, 9am-4.30pm  
1300 242 322

**Ngala Parenting Line**  
7 days a week, 8am-8pm  
(08) 9368 9368 • 1800 111 546 (free call)

**Meerilinga Parenting Services**  
(08) 9489 4022 (central admin)

**Miracle Babies**  
1300 622 243 (24 hours)  
miraclebabies.org.au

**Multiple Birth Association Western Australia**  
(08) 6458 1536

**Perinatal Anxiety and Depression Australia (PANDA)**  
1300 726 306, Mon-Fri, 9am-730pm (AEST)

**Ruah Community Services**  
13 78 24

**Playgroup WA**  
(08) 9228 8088 • 1800 171 882 (free call)

**Pregnancy Birth and Baby Helpline**  
1800 882 436

**Red Nose Grief and Loss Line**  
1300 308 307 (24hr)  
rednosegriefandloss.org.au (online chat)  
- Mon, Wed and Fri, 10am-3pm (AEST)

**St John of God Health Care Raphael Services**  
1800 292 292 (free call)

**Wanslea**  
(08) 9245 2441 • wanslea.org.au

**WA Centre for Perinatal Mental Health and Parenting Support** (08) 6496 0460

## Fathers' resources

### Dads WA - Ngala

(08) 9368 9368 • 1800 111 546 (free call)  
[ngala.com.au/services-for-dads](http://ngala.com.au/services-for-dads)

### The Fathering Project

1300 328 437  
[thefatheringproject.org](http://thefatheringproject.org)

### Mensline Australia (24hr)

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

### Info to your phone for dads on-the-go

[sms4dads.com.au](http://sms4dads.com.au)

### PANDA Support for Dads

[panda.org.au/get-support/support-dads](http://panda.org.au/get-support/support-dads)

### Gidget Dads Support

[gidgetfoundation.org.au/support/support-for-dad](http://gidgetfoundation.org.au/support/support-for-dad)

## Financial

### Anglicare WA

1300 11 44 46

### Uniting Care West CreditCare

(08) 9220 1255 • 1800 979 777



## Legal services and resources

**Citizens Advice Bureau**  
(08) 9221 5711

**Community Legal Centres Association (WA) Inc**  
(08) 9221 9322  
communitylegalwa.org.au

**Legal Aid – Child Support Legal Unit**  
1300 650 579  
legalaid.wa.gov.au

**Mental Health Law Centre**  
(08) 9328 8012 • 1800 620 285 (free call)

## Parenting and infant websites

breastfeeding.asn.au

emergingminds.com.au

ngala.com.au

raisingchildren.net.au

whatwerewethinking.org.au

wacpps.org.au

## Sexual assault or abuse

**Acacia Support Service (South Hedland)**  
(08) 6164 0520

**Allambee Counselling Inc. (Mandurah)**  
(08) 9535 8263

**Crisis Care (24hr)**  
(08) 9223 1111 • 1800 199 008 (free call)

**Desert Blue Connect (Geraldton)**  
(08) 9964 2742

**Kimberley Sexual Abuse Prevention  
and Support Service**  
Broome: (08) 9194 2400  
Kununurra: (08) 9166 5000

**Sexual Assault Resource Centre  
Emergency (SARC) (24hr)**  
(08) 6458 1828 • 1800 199 888 (free call)

**Goldfields Women's Health Care Centre**  
(08) 9021 8266

**Waratah Support Centre (Bunbury)**  
(08) 9791 2884 • 1800 017 303 (free call)

**Women's Refuge (Geraldton)**  
(08) 9964 2173

## Useful phone numbers and websites

**Ambulance, Fire, Police**  
000

**Carers Australia**  
1300 227 377  
[carersaustralia.com.au](http://carersaustralia.com.au)

**King Edward Memorial Hospital**  
(08) 6458 2222

**Poisons Information Centre (24hr)**  
13 11 26

**Police (24-hr non-emergency)**  
13 14 44

**Perth Children's Hospital**  
(08) 6456 2222

**Health Direct (24hr)**  
1800 022 222

**Royal Flying Doctor Service (24hr)**  
(08) 9417 6389 (satellite) • 1800 625 800

**Transperth Infoline**  
13 62 13

**Women's Information Service WA**  
1800 199 174 (free call)

**Women and Newborn Health Library**  
[kemh.libguides.com/wnhl](http://kemh.libguides.com/wnhl)

**Women's Health and Wellbeing Services**  
(08) 9490 2258 • [whws.org.au](http://whws.org.au)

**Mental Health Carers Australia**  
[mentalhealthcarers.australia.org.au](http://mentalhealthcarers.australia.org.au)

**Pregnancy Birth and Baby Helpline**  
1800 882 436



## Women's resources

**Childbirth and Mental Illness Service (CAMI)**  
kemh.health.wa.gov.au/Womens-Health/Mental-Health/CAMI

**Desert Blue Connect (Geraldton)**  
(08) 9964 2742

**Fremantle Women's Health Centre**  
(08) 9431 0500

**Goldfields Women's Health Care Centre**  
(08) 9021 8266

**Hedland Well Women's Centre**  
(08) 9140 1124

**Midland Women's Health Care Place**  
(08) 9250 2221

### **Mother and Baby Unit**

Fiona Stanley Hospital: (08) 6152 2222  
King Edward Memorial Hospital: 1800 422 588  
(free call)

**Nintirri Centre Inc (Tom Price)**  
0447 151 031

**Obstetric Medicines Information Service**  
(08) 6458 2723

**Sexual Health Helpline**  
(08) 9227 6178 1800 198 205 (free call)

**Sexual Health Quarters (SHQ)**  
(08) 9227 6177

**South Coastal Health and Community Services  
(Rockingham)**  
(08) 9550 0900

**South West Women's Health and Information Centre**

(08) 9791 3350 • 1800 673 350 (free call)

**Luma**

(08) 6330 5400 • 1800 998 399 (free call)

**Women's Health and Wellbeing Service (Gosnells)**

(08) 9490 2258

**Women's Information Service WA**

1800 199 174 (free call)

**Headspace**

headspace.org.au

**Youth**

**Adolescent Clinic, KEMH**

1300 855 275 - Outpatients (antenatal)

**Centrelink**

Family Assistance (MyGov Helpdesk)  
Youth and Students (MyGov Helpdesk)  
13 23 07

**Headspace**

headspace.org.au

**Kids Helpline (24hr)**

1800 551 800 (free call)

**Samaritans Youthline (24hr)**

1800 198 313 (free call)

**Youth Focus**  
(08) 6266 4333

**Youthlink**  
(08) 9227 4300 • 1300 362 569 (referrals & enquiries)

**Youth Reach South (Success)**  
(08) 9499 4274



## Regional areas



## South West

### South West Women's Health and Information Centre (Bunbury)

(08) 9791 3350 • 1800 673 350 (free call)

### Child Health Nurse (South West appointments)

1800 457 949

### Parenting Connection WA - South West

Email: SouthWest.PCWA@anglicarewa.org.au

### South West Aboriginal Medical Service (SWAMS)

(08) 9726 6000 • 1800 779 000 (free call)

### Radiance

[radiancesouthwest.com.au](http://radiancesouthwest.com.au)

### Radiance for Dads

[radiancesouthwest.com.au/for-dads](http://radiancesouthwest.com.au/for-dads)

## Goldfields/Esperance

### Centrecare Kalgoorlie

(08) 9080 0333

### Centrecare General and Financial Counselling

Esperance: (08) 9083 2600

### Bega Garnbirringu Health Service

(08) 9022 5500

### Community Health (Child Health)

Leonora: (08) 9080 4380

### Parenting Connection WA

Goldfields Esperance

Email: GoldfieldsEsperance.PCWA@anglicarewa.org.au

**Goldfields Women's Health Care Centre**

(08) 9021 8266

**Esperance Population Health (Child Health)**

(08) 9071 0400

**Escare (Esperance)**

(08) 9071 3110

**Esperance Health Campus Midwifery Unit**

(08) 9079 8000

**Esperance Health Campus Emergency  
Department**

(08) 9079 8000

**Great Southern**

**Great Southern Aboriginal Health Service**

Albany: (08) 9892 7222

Katanning: (08) 9821 6370

**Community midwifery service**

(08) 9821 6216

**Albany Health Campus maternity ward**

(08) 9892 2310

**Child Health Services**

(08) 9842 7563

**Pregnancy Amity Health**

(08) 9842 2797

**Bouncing Back Program**

0428 223 535

**Child and Parent Centre**

(08) 9843 0071

## Pilbara

### East Pilbara

Hedland Well Women's Centre: (08) 9140 1124

Newman Neighbourhood Centre: (08) 9175 1516

South Hedland Child and Parent Centre:  
(08) 9172 4956

### West Pilbara

Gurlu Gurlu Maya Child and Parent Centre  
Roebourne: (08) 9182 1476

Karratha Community House: (08) 9185 6605

Karratha Family Centre: (08) 9144 1740

Karingal Neighbourhood Centre: (08) 9189 5579

Karratha Women's Place: 0459 033 800

Nintirri Centre (Tom Price): 0447 151 031

## Wheatbelt

**Western Wheatbelt Primary Health Service Moora:**  
(08) 9651 0270

**Eastern Wheatbelt Primary Health Service**  
(08) 9081 3222

**Southern Wheatbelt Primary Health Service**  
(08) 9881 0385

**Amity Health:** (08) 9842 2792

**Avon Primary Health Service:** (08) 9690 1320

**Midwifery Group Practice (Northam):**  
(08) 9690 1633

**Wanslea Children and Parenting Support**  
(08) 9245 2441

**Wanslea NDIS Parenting Connection WA**  
1300 969 645, or email [Wheatbelt.PCWA@wanslea.org.au](mailto:Wheatbelt.PCWA@wanslea.org.au)

**Share and Care Community Services (Northam)**  
(08) 9622 2828

## Mid West/Gascoyne

**Geraldton Community Health Centre**  
(08) 9956 1985

**Carnarvon Health Campus & Outpatients**  
(08) 9941 0500

**Geraldton Regional Aboriginal Medical Service**  
(08) 9956 6555

**Rangeway Child and Parent Centre**  
(08) 9921 6814

**Desert Blue Connect**  
(08) 9964 2742

**Department of Communities Geraldton**  
(08) 6277 5151

**Midwest Family Support Network**  
(08) 9965 5460

**Parenting Connection WA - Midwest**  
Email: [Midwest.PCWA@ngala.com.au](mailto:Midwest.PCWA@ngala.com.au)

## Kimberley

### Broome

Anglicare WA (Family & relationship Centre):  
(08) 9194 2400

Broome Hospital: (08) 9194 2222

Broome Regional Aboriginal Medical Service:  
(08) 9194 4800

Boab Health Services: (08) 9192 7888

Community and Child Health Centre:  
(08) 9194 2340

### Derby

Anglicare WA: (Family & relationship Centre):  
(08) 9191 0100

Community Health-midwife & Child Health  
Nurse: (08) 9193 3203

Derby Hospital: (08) 9193 3333

Derby Aboriginal Health Services: (08) 9158 4200







To order more copies of  
this booklet, please email  
[WNHS.MHS.SPIMHP@health.wa.gov.au](mailto:WNHS.MHS.SPIMHP@health.wa.gov.au)



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