

PERINATAL MENTAL HEALTH SERVICES DIRECTORY

CHILD AND FAMILY HEALTH CENTRES

<i>Location</i>	<i>Address</i>	<i>Phone</i>
Avalon	59 Old Barrenjoey Road	9918-3741
Balgowlah	392 Sydney Road	9948-8061
Collaroy Plateau	69 Veterans Parade	9971-9394
Dee Why	16 Sturdee Parade	9971-8041
Frenchs Forest	Forestway Shopping Centre	9451-7949
Harbord	29 Lawrence Street	9905-2435
Manly	1 Pittwater Road	9977-1451
Mona Vale	1 Park Street	9999-2571
Narrabeen	1393 Pittwater Rd	9913-8870
Terrey Hills	Terrey Hills Community Centre, Yulong Avenue	9450-2525

Description: These centres offer every new mother a universal home visit. They offer new parent groups, health surveillance, and developmental checks.

Target Group: Mothers with children 0-5 years of age

BEING MUMS

Daytime Group:

Phone number: 9951 0322

Street Address: Dalwood Family Care Centre, 21 Dalwood Avenue, Seaforth

Description: A group for mothers who are feeling stressed and at times finding it hard to cope. It allows them to reflect on their journey of motherhood, share experiences and develop new skills and resources. It is run over 7 weeks with an additional evening session for mothers to attend with their partners / support person. Each session will include a short relaxation practice and opportunity to think about how they are feeling and how their baby is feeling. Topics covered will include adjusting to parenting and expectations, managing feelings, coping with stress, challenging unhelpful thinking styles

Target Group: Mothers with babies under 12 months old

Time: Wednesdays, 11.00am – 12:30pm

Evening Group:

Phone number: 9979 6966

Street Address: Manly Warringah Division of General Practice Group Room, Mona Vale Hospital, Coronation Street, Mona Vale

Email: veredg@optusnet.com.au

Description: This is an eight week evening program for mothers who are feeling stressed and at times finding it hard to cope. It allows them to reflect on their journey of motherhood, share experiences and develop new skills and resources. For two of the sessions, partners or a support person are also invited to attend. Topics covered include adjusting to parenting and expectations, improving relationships, and using mindfulness skills to better manage stress, emotions and unhelpful thinking styles

Target Group: Mothers of young babies

Time: Monday Nights, 7:00pm – 9:00pm

Cost: \$5 per session

BIRTHRIGHT LONE PARENT FAMILY SUPPORT SERVICE

Phone number: 9982 5500

Street Address: 34A Howard Avenue, Dee Why, NSW 2099

Website: www.loneparentfamilysupport.com.au

Email: lpayers@idx.com.au

Description: A support service which aims at assisting single parent families in solving their problems, and restoring them as quickly as possible to independence in main-stream society.

Target Group: Lone Parents.

Time: SUPPORT GROUP: Group Session held every Thursday (School Terms), 10am – 12noon.

CENTACARE BROKEN BAY

Phone number: 8968 5100

Street Address: Unit 9B, 44 Wattle Rd, Brookvale NSW 2100

Website: [www.brokenbay.catholic.org.au/Diocese of Broken Bay_justice/services_justice.htm](http://www.brokenbay.catholic.org.au/Diocese%20of%20Broken%20Bay_justice/services_justice.htm)

Email: fiona.hastings@dbb.org.au

Description: Centacare provides welfare services to families in crisis, counselling, mediation, disability, youth programs, community education, parenting education, family support and women's domestic violence court support.

Time: Mon-Fri 9am-5pm

CHILD AND FAMILY HEALTH NURSE AND O.T GROUP

Contact person: Peta Stott

Phone number: 99138870

Description: Child and Family Health Nurse and Occupational Therapy group for mothers struggling with infant attachment and EPNDS scores between 9 -1 4.

Target Group: Mothers with children 4-12 months of age.

Referral: Referral required from an early childhood nurse.

CHILDREN OF PARENTS WITH MENTAL ILLNESS (COMPI)

Phone number: 9466 2500

Street Address: Queenscliff Health Centre Cnr Lakeside Drive and Palm Ave, North Manly

Email: LeeMeredith@nscchahs.health.nsw.gov.au

Website: www.copmi.net.au

Description: Consultation service for mental health workers and GPs dealing with families where a parent is affected by a mental illness. This includes the perinatal period. The COPMI clinician may be able to assist GP's in determining appropriate and available avenues of support and facilitating liaison between involved agencies Available Monday and half day Thursday and Friday.

Target Group: Health professional caring for families where a parent has a mental illness.

DALWOOD FAMILY CARE CENTRE

Phone number: 9951 0321

Street Address: 21 Dalwood Avenue, Seaforth

Description: Provides assistance in regard to mothercraft issues, emotional, psychological & family issues following the birth of a new baby. For mothers & babies who are experiencing difficulties with feeding and sleeping and settling babies.

Target Group: Mothers with babies 0- 12 months

Time: Mon-Fri 8:30am-4:30pm

DALWOOD SPILSTEAD CLINIC

Phone number: 9951 0365

Street Address: 21 Dalwood Avenue, Seaforth

Description: Includes an onsite preschool and a home visiting program for families in stress or experiencing difficulties in caring for their infant or preschooler. Multiple services available targeting the family, the child's health and development and parenting issues.

Target Group: Vulnerable families with complex issues and children 0-3 years old

Referral: Healthcare or welfare professional.

IN HOME CARE

Note: Places are limited, subject to availability

Phone number: 96833400

Website: www.deewr.gov.au/EarlyChildhood/Programs/ChildCareforServices/SupportforChildCareServices/Pages/InHomeCare.aspx

Description: In Home Care is a flexible form of child care where an approved carer provides care in the child's home. Home Care is targeted to families unable to access existing child care services such as families working shift or non standard hours or those located in regional or remote regions of Australia.

Target Group: Families must have **no access** to existing child care services and/or their circumstances mean that an existing child care service cannot meet their needs

Referral: Parents who are having difficulty coping or have a child at risk will need to apply through Centrelink for a childcare benefit and will need to quote the child reference number and receipt number. A doctor's letter will be required by Centrelink.

KARITANE CARELINE

Phone number: 1300 CARING (1300 227 464)

Street Address: PO Box 241 Villawood NSW 2163

Website: www.karitane.com.au

Email: Karitane.online@swsahs.nsw.gov.au

Description: Careline is for non-urgent inquiries. The Karitane Careline is a 7-day per week service. Child and Family Health Nurses are available for consultation on a wide range of issues concerning infants and children from birth to five (5) years of age. If the Child and Family Health Nurse is busy the phone call will go onto an answering machine. Staff will return the call at the earliest opportunities.

Target Group: Parents with children 0-5 years of age.

LIFE START, FRENCHS FOREST

Phone number: 9451 9564

Street Address: Arranounbai, 5 Aquatic Drive, Frenchs Forest 2086

Website: www.lifestart.org.au

Description: Lifestart is an early childhood intervention program for children with disabilities. It is a parent co-operative providing a family-centred approach to the needs of children with disabilities and their families.

Target Group: Parents of children aged 0-6, with Down's Syndrome, Autism, delayed development, or at risk of delay

MAMS CLINIC

Phone number: 99769624

Street Address: Manly Hospital Maternity Unit

Description: Offer appointments with a midwife and mental health nurse throughout pregnancy. Referral to a social worker and or/ drug counsellor is also available.

Target Group: Pregnant women intending to birth at Manly Maternity.

MANLY WARRINGAH WOMEN'S RESOURCE CENTRE

Phone number: 9971 4499

Street Address: Pittwater Rd, Dee Why, NSW 2099

Website: www.members.optusnet.com.au/mwwrc/

Email: mwwrc@optusnet.com.au

Description: Provides a variety of services, including crisis support accommodation, early intervention, a family support and young mother support service, a young pregnant women's and mother's outreach for women 12-24, and support for victims of domestic violence

MINDFUL MUMS

Phone number: 99796966

Street Address: Staff Development Unit, Mona Vale Hospital

Description: A mindfulness based group programme to help expectant mothers better manage stress and difficult moods

Target Group: Women in the last trimester of pregnancy

Time: Wednesday Evenings, 7-9pm

Cost: \$5 per session

Referral: All participants are required to attend a half-hour interview prior to commencing the program.

MOTHERISK

Website: <http://www.motherisk.org/women/index.jsp>

Description: Research and counseling on reproductive risk or safety of drugs, chemicals and maternal disease in pregnancy.

MOTHERSAFE

Phone number: 9382 6539 (Sydney Metropolitan Area), or 1800 647 848 (Non-Metropolitan Area)

Street Address: Royal Hospital for Women, Randwick

Description: MotherSafe provides a comprehensive counselling service for women and their healthcare providers concerned about exposures during pregnancy and lactation.

Time: Monday–Friday 9am–4pm (excluding public holidays).

NORTHERN BEACHES FAMILY RELATIONSHIP CENTRE

Phone number: 9981 9799

Street Address: First Floor, 651 Pittwater Road, Dee Why NSW

Email: northernbeachesfrc@ransw.org.au

Website: www.familyrelationships.gov.au/beachesfrc

Description: Northern Beaches Family Relationship Centre has been established to support people with any matters relating to strengthening relationships, helping families stay together and assisting families through separation.

Time: 9am to 5pm Monday to Friday

Cost: Services are offered free including the first three hours of joint Family Dispute Resolution, after which fees may be charged on a sliding scale depending on income.

PARENTING SUPPORT SERVICE

Phone number: 99510377

Description: Home visits to vulnerable families, mothers with postnatal depression, young mothers, women struggling with motherhood, babies with an illness etc. There are also volunteers which can assist vulnerable families once a week for two hours.

Target Group: Families with children 0-12 months

Referral: Referral required by fax to 99510374.

PREGNANCY COUNSELLING

Phone number: 9905 1974

Street Address: Early Childhood Centre, 2 Alfred Rd, Brookvale NSW 2100

Website: www.pregnancysupport.com.au

Email: mgall@aapt.net.au

Description: A community service staffed by welfare workers/social workers, and backed by professionals. Services include; free pregnancy testing, crisis counselling, advice on benefits, referral to medical and legal services, friendship and emotional support for single mothers, support for single fathers caring for children, practical help e.g. clothes and equipment, babysitting, transport, help with accommodation, employment, referral for financial help, post-abortion counselling.

Target Group: Women and girls both during & after pregnancy, women with children up to the age of 2 years and single fathers caring for children

Time: Mon & Thu, 9:30am-4:30pm, Fri 10am-4pm

RAINBOW ROOM

Phone number: Phone Jane on 0407918689

Street Address: North Shore Christian Centre: 175 Lower Gibbes Street, Chatswood Business Park NSW.

Website: www.rainbowroom.org.au

Email: rainbowroom@nsc.org.au

Description: "The Rainbow Room is a loving, welcoming safe haven, providing people with temporary relief as their focus is turned away from their problems and onto relaxation. The Rainbow Room is dedicated to serving those negatively affected by certain specific life situations who are in need of pampering, relaxation, time out and a place to connect with others."

Target Group: Parents with PND, or who are looking after a disabled and chronically ill child.

ST JOHN OF GOD, BURWOOD

Phone number: 1300 656 273

Street Address: 13 Grantham Street Burwood

Website: http://www.sjog.org.au/portal/page?_pageid=618,1&_dad=portal&_schema=PORTAL

Email: info@sjog.org.au

Description: Residential treatment for psychiatric care in a mother baby unit.

Referral: Referral required from a general practitioner or psychiatrist.

SIDS AND KIDS 24 HOUR BEREAVEMENT SUPPORT LINE

Phone number: 1800 651 186

Street Address: Broughton Hall, Church St, Rozelle Hospital Campus, Rozelle NSW 2039

Website: <http://www.sidsandkids.org/nsw/index.html>

Description: Support for bereaved families whose child has suffered from SIDS

Target Group: Families who suffer the sudden and unexpected death of a baby or child

SISTASCONNECT

Street Address: *Sunny Days:* Beacon Hill Reserve, behind McDonald's on the corner of Warringah Rd and Cornish Av, Beacon Hill

Rainy days: Belrose Hotel Playground, Hews Parade, Belrose

Email: info@sistasconnect.com.au

Description: A service to provide support and a point of connection for mothers. They have several initiatives including playgroups and other special events.

Target Group: Mothers of children under five

Time: Playgroups: 10am start, every Monday (except school holidays)

Cost: \$5 per week, including morning tea.

THE FLAMINGOS

Phone number: 9997 2386

Street Address: Pittwater Uniting Church, 10 Jubilee Ave, Warriewood NSW 2102

Email: singlemums@yahoo.com.au

Description: Child minding with playgroup. Events, speakers on various topics, and free course "Seasons of Grief" for children between 5-15 years.

Target Group: Single Mothers

Time: 9.30-11.30am second Saturday of every month during the school term

24-HOUR PARENT LINE NSW

Phone number: 1300 1300 52

Street Address: Level 13, 133 Liverpool Street, Sydney NSW 2000

Website: www.catholiccare.org

Description: A help-line to provide support for parents and carers with concerns about raising their children or parenting. Parents can call at any time of the day or night and talk with a counselor.

Target Group: Parents with children 0-18 years of age

THE AUSTRALIAN MULTIPLE BIRTHS ASSOCIATION CLUB

(Northern Beaches)

Phone number: 9990 0116 or 99390577

Website: www.amba.org.au

Email: contact@nbmbc.amba.org.au

Description: AMBA is a not-for-profit volunteer organisation that provides support, resources and education to families and/or carers with multiple births.

Target Group: All parents/guardians of multiple birth children (natural or adopted), multiples themselves or any other persons with a related interest in the multiple birth situation

Cost: \$40 for an annual subscription

TRESILLIAN RESIDENTIAL PROGRAM

Phone number: 8962 8300

Street Address: 2 Second Avenue, Willoughby NSW 2068

Website: www.tresillian.net

Description:

Residential support, typically for four or five nights, for parents finding it difficult to cope. Health care professionals discuss issues experienced with the parents, and work out an individual management plan for the family.

Target Group: Parents with children preschool aged or younger

Referral: **To utilise Tresillian's Residential Program, you must have a referral from your Child & Family Health Nurse, your General Practitioner (GP) or Paediatrician. All referrals should be faxed to Tresillian Central Services (fax - 0247344401.)**

TRESILLIAN 24-HOUR HELPLINE

Phone number: 9787 0855

Street Address: 2 Second Avenue, Willoughby NSW 2068

Website: www.tresillian.net

Description: "On the spot" advice on issues relating to caring for babies or how individuals are feeling as parents. Tresillian's Parent Help Line is staffed by qualified Child and Family Health Professionals. They deal with issues such as settling babies, breastfeeding and bottle-feeding, introducing solids, routine, relationship issues, depression and anxiety, coping with their new role as a Mum or Dad, and toddler and preschooler management

Target Group: Parents with children preschool aged or younger