

**1800 696 784**

For information about contraception,  
pregnancy options and sexual health.

# Pregnancy and parenting: Support services in Victoria

If you are having a baby, there are different ways you can be supported by medical professionals. Usually, your GP will organise check ups, health tests and ultrasounds. They will help you decide what kind of care you want and provide referrals to hospitals, specialists and midwives.

After birth, your local Maternal and Child Health service will contact you to support you and your baby. They will organise regular appointments to check on your health, your baby's development, provide advice and guidance, and connect you to support services.

## General information

### Pregnancy and birth services

*Better Health Channel - information around services and supports, newborn care and your rights and responsibilities.*

### Raising Children Network

*Videos, articles and apps for all stages of pregnancy and parenting.*

## Where to have your baby

### Public maternity and newborn services map

### Koori Maternity Services

*Culturally appropriate maternity care for Aboriginal and Torres Strait Islander families.*

You can also choose to have your baby at a private hospital - speak to a GP, midwife or obstetrician about private maternity services.

## Helplines

### Pregnancy, Birth and Baby Helpline

1800 882 436 (7am - midnight, AET)  
*Free counselling, advice, and referral service by qualified Maternal Child Health Nurses.*

### Maternal and Child Health Phone Line

13 22 29 (24/7)  
*Information, advice, and referrals by qualified Maternal Child Health Nurses.*

### PANDA (Perinatal Anxiety and Depression Australia)

1300 726 306 (Monday to Friday, 9am - 7.30pm, Saturday, 9am - 4pm)  
*Counselling and information to support mental health and wellbeing.*

### Parentline

13 22 89 (8am - midnight)  
*Counselling and support on parenting issues.*

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## General support services

### **Maternal and child health services**

*A free service providing care for babies and children until they start school.*

### **The Caroline Chisholm Society**

*Supports for mothers and their children.*

### **Council of Single Mothers and their Children**

*Specialist support services and referrals for single mothers in need.*

### **VACCA (Victorian Aboriginal Child Care Agency)**

*Strengthen your connection to your Aboriginal community and culture, and provide you with the support you need.*

### **Rainbow Families Switchboard**

*Supports LGBTIQ+ parents, coparents and carers through social events, online support groups and advocacy.*

## Adoption information

### **Adoption Services**

*Department of Justice and Community Safety*

### **Information for parents considering adoption of their child**

*State Government of Victoria*

## Pregnancy and parenting support for young people

### **Young Women's Health Program - Royal Women's Hospital (Melbourne)**

*(03) 8345 3037*

*Holistic support and care for young pregnant and parenting women, 19 years old and under. Accepts self referral.*

### **BRAVE Foundation**

*Resources, referral, and education opportunities for expecting and parenting young people.*

### **Young Well Beings**

*A free digital, interactive course, created for young mothers to improve their mental health literacy.*

## Pregnancy support for women experiencing drug and/or alcohol issues

### **Women's Alcohol & Drug Service (WADS) - Royal Women's Hospital (Melbourne)**

*Providing medical care, counselling and support to women with complex substance use and dependence, assessment, and care of infants exposed to drugs and alcohol during pregnancy.*

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