

General resources for parents & families

Created: 27th March 2020



For assistance during these difficult times, please refer to the below helpful resources:

1. Ambulance / Fire / Police - 000

2. 1300 MH CALL

1300 642 255

<https://www.qld.gov.au/health/mental-health/help-lines/1300-mh-call>

If you feel that you may need mental health support and have never accessed a mental health service before, please contact your general practitioner or phone 1300 MH CALL. This is a confidential mental health telephone triage service providing callers first point of contact to *public mental health services for Queenslanders*. It is available 24 hours a day, 7 days a week, and will link to the caller's nearest Queensland Public Mental Health service.

3. Health Information Line 13 HEALTH

13 43 25 84

<https://www.qld.gov.au/health/contacts/advice/13health>

13 HEALTH is a confidential phone service providing health advice to Queenslanders. Callers can talk to a registered nurse 24 hours a day, 7 days a week, for the cost of a local call.

4. Lifeline Suicide Call Back Service

13 11 14

5. Lifeline TEXT (6pm – 10pm)

0477 13 11 14

www.lifeline.org.au

6. PANDA HOTLINE

1300 726 306

www.panda.org.au

www.howisdadgoing.org.au

7. Beyond Blue

1300 224 636

www.beyondblue.org.au

8. Talk Suicide Support Service

1800 008 255

www.suicidepreventionpathways.org.au

9. Gidget Foundation Australia

1300 851 758

www.gidgetfoundation.org.au

10. DV Connect Women

1800 811 811

www.dvconnect.org

11. DV Respect

1800 555 677

www.1800respect.org.au

12. DV Connect Mensline

1300 600 636

www.dvconnect.org/mensline

13. Parentline (Free Parenting Advice Qld and NT only)

1300 301 300

www.parentline.com.au

14. Women's Health QLD

1800 017 676

www.womhealth.org.au

15. Pregnancy Birth & Baby

1800 882 436

www.pregnancybirthbaby.org.au

16. MensLine Australia

1300 789 978

www.mensline.org.au

17. Relationships Australia
1300 364 277
www.relationships.org.au

18. Pregnancy Counselling Link
1800 777 690
www.pcl.org.au

19. Birthtalk
Healing a traumatic birth
0410 408 335
www.birthtalk.org

20. Australian Breastfeeding Association
1800 686 286
www.breastfeeding.asn.au

21. COPE – Centre for Perinatal Excellence
www.cope.org.au

22. Australasian Birth Trauma Association
www.birthtrauma.org.au

23. SANDS – Miscarriage, Stillbirth & Newborn death
1300 072 637
www.sands.org.au

24. Red Nose
Grief & Loss: 1300 308 307
Safe Sleep Advice: 1300 998 698
www.rednose.org.au

25. Lives Lived Well
Drug & Alcohol Support - Qld & NSW only
1300 727 957
www.liveslivedwell.org.au

How Peach Tree is supporting perinatal emotional wellbeing during COVID-19

Authentic connection is why we are here!

We look forward to seeing you soon.

DAILY ONLINE PEER CHECK-IN
Using ZOOM APP, we are facilitating "check-in" spaces where parents can connect with each other and receive peer support

ONLINE EDUCATION
Sunshine Parenting Program (SPP)
Circle of Security (COS-P)
(registration is required)

TELEPHONE SUPPORT
Our Peach Tree call-back service
1800 PEACHY (1800 732 249)
A Peer Support Worker will return your call

ZOOM SUPPORT
A Facebook group to support parents frustrated by - and wanting to understand how to access - online support

ONLINE MINDFULNESS
Half hour sessions to help remind ourselves to "breathe" with positive intention through these challenging times

TEAM SUPPORT
Our Peer Support Workers are greatly valued and working from home (with regular check-ins) to make these services available.

All Peach Tree virtual services remain free of charge for the community.

Please visit our website for further details:
www.peachtree.org.au/onlinegroups

www.peachtree.org.au

