

Geelong Postnatal Depression Resources

Barwon Health Maternity Support Worker

Tuesday, Wednesday and Friday 8.30am-5.30pm

52603302 or 0407 824 022

Barwon Health Mental Health Triage

A Barwon Health service for mental health assessment and *emergency management*. They can refer you to local community mental health teams.

5226 7410 (24 hours)

Barwon Family Resource Centre

45 Mt Pleasant Road, Belmont. 3216

Provides a wide range of counselling services for families, couples and individuals. In addition offers support, workshops, information, advocacy and education.

5243 0980

Belmont Community Health Centre

5260 3333

Bethany Community Support

Helen O'Connor runs a PND Support group on Wednesday mornings promoting self and baby care, family & friendship for mothers who are experiencing Post Natal Depression along with other support services for families.

5278 8122

Colac Community Mental Health Team

For urgent help and assessment

5232 1550

Colac Postnatal Depression Support Group

Contact person is Rosemary Richardson

0419 361 438
or 52322911

Early Parenting Day Stay

Suite 12, Level 1, Corio Village Shopping Centre, Bacchus Marsh Road, Corio. 3214

A service to assist families with children aged 0-2 with settling, breastfeeding and behavioural issues.

5274 3159 (business hours)

Geelong Postnatal Support Group

A support group for women who have or are experiencing postnatal distress. Director is Lisa Miller, a survivor of PND. Lisa developed the support group and has a very useful pack containing relevant information about PND, services in the Geelong area and activities for women seeking support. The support group meets monthly for coffee.

52771412 or 0400 211 412

Otway Health and Community Services

Situated in Apollo Bay, Yve Edmondson is the Mental Health Social Support Worker.

52378573

Pathways Rehabilitation and Support Services

51 Pakington Street, Geelong West

Provides help for people with depression and their carers

5229 8295

St John of God Health Care, Geelong

A free PND service is now available to families in the Geelong region. (Accepts non private patients) Counselling, support, information and advice is provided.

5226 8888

Surfcoast Postnatal Depression Support Group

A new support group in the Surfcoast Shire. They meet on the 1st Wednesday of each month at SpringCreek Community House, Price Street Torquay from 1-3pm. It is an Informal chat and coffee Children are welcome. For enquiries phone Diane Holroyd

52612960

You can find private counsellors and other support services in the Yellow Pages under Counselling or Psychologists.

TELEPHONE SERVICES

Dona Maria Pre & Postnatal Support Network.

1300 555 578 (BH)

A telephone support service staffed by health professionals and child development staff. Assessment, diagnosis and referral are provided with a database of services from all around Australia.

Maternal & Child Health Line

132229 (24 hours)

A statewide service for families with children from birth to 6 years. Can provide information about services in the caller's local area. Counselling, support, information and advice provided by Maternal & Child Health Nurses.

Mensline

1300 789 978

PANDA

94284600

Statewide telephone service providing information about pregnancy related depression, some service information and support for sufferers and their families. They offer a regular newsletter and books to borrow.

Lifeline

131114

Websites:

www.beyondblue.org.au

An Australian website from The National Depression Initiative. Information about depression, treatment experiences, PND, stories of hope and recovery, links to other information services and the progress of the beyondblue initiative are provided.

www.depnet.com.au

A medical information site about depression provided by the Lundbeck Institute including the ability to join discussion groups and email questions about depression which will be answered by professionals in the field.

www.cyh.com.au

An Australian parenting resource site with information sheets on hundreds of issues to do with parenthood, including PND.

www.vicnet.net.au/~panda

The website for the Post & Ante Natal Depression Association Inc. (PaNDa).

www.pathways.org.au

A website for Pathways Rehabilitation and Support Services

www.betterhealthchannel.com.au

A health resource site from the State Government