



Connecting Young Parents Project

Printed: Feb 06

Post Natal Depression

WHAT DO I NEED

What is post natal depression?

Do I have post natal depression?

Support coping with Post Natal depression

WHO TO CONTACT IN ALBURY

Contact your regular doctor or your Child and family health nurse
Ph. 6058 1865

Mercy Hospital Parent and Baby Unit
Ph. 6021 0233

Greater Murray Access Line
1800 800 944

Post Natal depression Support group
Ph. 6056 2794

Albury Base Hospital Accident and Emergency
Ph. 6058 4444

WHO TO CONTACT IN WODONGA

Contact your regular doctor or your Child and maternal health nurse
Ph. 6022 9200

Mercy Hospital Parent and Baby Unit
Ph. 6021 0233

24 hour Crisis Line
Ph. 1300 881 104

Post Natal depression Support group
Ph. 6056 2794

Wodonga Hospital Accident and Emergency
Ph. 6051 7350

Parenting Support

WHAT DO I NEED

Baby health and development information and support

Advice on:
Immunization
Feeding and nutrition
Sleeping patterns
Behaviours and parenting

Breast feeding information and support

Play groups

Meet other young parents
Young Parent Groups

Support in coping with being a parent
(Dealing with stress and getting some moral support)
Parent education

WHO TO CONTACT IN ALBURY

Albury Community Health Services. Child and Family Health Nurses
Ph. 6058 1865

Albury Community Health Services. Child and Family Health Nurses.
Ph. 6058 1865
Mercy Hospital Parent and Baby Unit
Ph. 6021 0233

Play group association co-ordinator
Ph. 6043 2668

Contact your local Neighbourhood House

Albury Wodonga Womens Centre
Ph. 6041 1977
Department of Community Services Albury office
Ph. 6041 1755

Mercy Hospital Parent and Baby Unit
Ph. 6021 0233

Australian Breast Feeding Association
Ph. 6041 2351

Centacare
Ph. 6041 6800
St Davids Care
Ph. 6021 7009

WHO TO CONTACT IN WODONGA

City of Wodonga Council Maternal and Child Health Nurses
Ph. 6022 9200
The Queen Elizabeth Centre
Ph. 6056 7849

City of Wodonga Council Maternal and Child Health Nurses
Ph. 6022 9200
Australian Breast Feeding Association
Ph. 6041 2351

Playgroups Wodonga Council
Ph. 6022 9300

Upper Hume Community Health Service
Ph. 6022 8888

Albury Wodonga Womens Centre
Ph. 6041 1977
Upper Hume Community Health Service
Ph. 6022 8888

Mercy Hospital Parent and Baby Unit
Ph. 6021 0233
Parent Education Service
Ph. 6022 8888

Mercy Hospital Parent and Baby Unit
Ph. 6021 0233
The Queen Elizabeth Centre
Ph. 6056 7849

Contact your local Neighbourhood House

Upper Murray Family Care
Ph. 6022 8000
Stronger Families Services
Ph. 1800 705 211
Department of Human Services
Ph. 6055 7777



ABORIGINAL SERVICES

Mungabareena Aboriginal Corp
Ph. 6024 7599
Albury Wodonga Aboriginal Health Service
Ph. 6042 1200 or 1800 421 640

Albury Wodonga Aboriginal Health Service
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Ph. 6024 7599

Mungabareena Aboriginal Corp
Ph. 6024 7599

If Your Baby Is Unwell Contact Your Doctor Or Local Hospital



Young Women's Business

SEXUAL HEALTH INFORMATION


PREGNANCY CARE AND SUPPORT

PERSONAL SUPPORT NEEDS

PARENTING SUPPORT OVER THE PHONE

POST NATAL DEPRESSION

PARENTING SUPPORT

Sexual Health Information				Pregnancy Care & Support				Personal Support Needs		Parenting Support Over The Phone	
WHAT DO I NEED Contraception Morning after pill Safe sex information Testing for Sexually Transmitted Infections Pregnancy testing	WHO TO CONTACT IN ALBURY Albury Community Health Services Women's Health Nurse or Sexual Health Nurse or Family Planning (Bulk billing) Ph. 6058 1800 Contact your doctor	WHO TO CONTACT IN WODONGA Vermont St Public Health Clinic (Bulk billing by appointment) Ph. 6051 7535 Contact your doctor	ABORIGINAL SERVICES Albury/Wodonga Aboriginal Health Service (Bulk billing doctor) Ph. 6042 1200 or 1800 421 640	WHAT DO I NEED Counselling /someone to talk to Help with telling my family/partner Information and referral	WHO TO CONTACT IN ALBURY Adolescent Family Counselling Ph. 6041 1854 Women's Centre Ph. 6041 1977 Wodonga Hospital Maternity Social Work Service Ph. 6051 7246 or 6051 7242	WHO TO CONTACT IN WODONGA Resolve Counselling Service Ph. 6056 2802 Upper Hume Community Health Services Adolescent Counsellor Ph. 6022 8888 Wodonga Hospital Maternity Social Work Service Ph. 6051 7246 or 6051 7242	ABORIGINAL SERVICES	WHAT DO I NEED If you are homeless or at risk of becoming homeless and/or You need someone to help you plan for you and your baby's future Assistance finding and linking into other services	Parenting Help Line Ph. 132 055 (NSW) Tresillian 24 hour help line Ph. 1800 637 357 Maternal Child Health Line 24 hours Ph. 132 229 Parent Line Ph. 132 289 (Vic) Positive parenting phone service. Ph. 6022 8888 or 1800 880 660		
Pregnancy choices information counselling and support	Albury Community Health Services Sexual Health Nurse or Family Planning (Bulk billing) Ph. 6058 1800 Women's Health Nurse Ph 6058 1825 Adolescent Family Counselling Ph. 6041 1854 Wodonga Hospital Maternity Social Work Service Ph. 6051 7246 or 6051 7242	Vermont St Public Health Clinic (Bulk billing by appointment) Ph. 6051 7535 Upper Hume Community Health Service Ph. 6022 8888 Wodonga Hospital Maternity Social Work Service Ph. 6051 7246 or 6051 7242		Ante natal care (medical)	Vermont St Public Health Clinic Wodonga (Bulk billing doctor) Ph. 6051 7535 Contact your doctor	Vermont St Public Health Clinic (Bulk billing doctor) Ph. 6051 7535 Contact your doctor	Koori Maternity Enhancement Worker Wodonga hospital Ph. 6051 7257	WHO TO CONTACT IN ALBURY YES Youth and Family Services QE2 Square, Dean St Ph. 6041 1129 or 6041 3840 Mercy Hospital Parent and Baby Unit Ph. 6021 0233	WHO TO CONTACT IN WODONGA Central Hume Support Services 14 Mint St Ph. 6043 7400 Mercy Hospital Parent and Baby Unit Albury Ph. 6021 0233 The Queen Elizabeth Centre Ph. 6056 7849 Rural Housing Network Ph. 6024 7146		Australian Breast Feeding Association (24 Hours) Ph. 03 9885 0653 PaNDA (24 Hours) Ph. 03 9882 5756
				Ante natal classes (birthing classes)	Wodonga Hospital Antenatal clinic Ph. 6051 7240	Wodonga Hospital Antenatal clinic Ph. 6051 7240					