

You're not alone ...
GET HELP!*



24 HOUR MEDICAL HELP

Phone 13 22 29
Maternal and Child Health Line

BREASTFEEDING HELP

Phone 9654 0622
The Breastfeeding Association

SINGLE MUMS HELP

Phone 9654 0622
Council for Single Mothers
and their Children help line

PARENTING HELP

Phone 13 22 89 Parentline
Phone 9428 4600 PANDA
Postnatal depression help line

FAMILY & RELATIONSHIP HELP

Melton Council 9747 7200
Moorabool Council 5366 7100
Djerriwarrh Health 8746 1100
Women's Health West 9689 9588