These are support options commonly offered to callers on the PANDA National Perinatal Anxiety & Depression Helpline. This list is not exhaustive, but may help increase the choices you offer clients. Call PANDA to find services in your area.

Even after receiving referrals, many people still don’t get the help they need. Our tip sheet ‘Making effective referrals’ provides tools to support your clients to take that next step.

**Universal services**

**Child and Family Health/Maternal and Child Health Nurse**
Universal support, including routine EPDS screening for perinatal anxiety and depression. Can refer into programs providing additional in-home support.

**General Practitioner**
Assessment, treatment and referral including: assessment of physical health issues; mental health assessment, mental health care plan; referral to psychologist, psychiatrist or Mother Baby Unit; referral to physiotherapist or gynaecologist for post-birth physical recovery.

**Midwife or obstetrician**
Universal support and screening, early intervention during pregnancy/post-birth.

**Mental health services**

**Mother Baby Unit**
Hospital-based inpatient psychiatric admission with baby – addresses mental health and attachment.

**Perinatal psychiatrist**
Diagnosis, medication and therapy.

**Perinatal psychologist/counsellor**
Counselling through a perinatal lens including: life transition; impact of emotional/mental wellbeing on caregiving capacity; grief and loss; attachment.

**Trauma specialist**
Counselling or therapy from trauma-informed care perspective, for parents with history of complex trauma, or who have experienced birth trauma.

**Relationship counsellor**
Can assist parents to work on the many challenges that relationships can face in the perinatal period.

**Breaking down isolation, self care**

**Support groups/playgroups**
Groups provide a continuum of support, from support groups and supported playgroups (for parents who have experienced difficulties and/or perinatal anxiety and depression) to community playgroups. There are playgroups for diverse cultural communities, parents of children with disabilities and LGBTIQ-parented families.

**Family and friends**
Family and friends can give both emotional and practical support, for example by caring for baby to support rest and time out from parenting.

**Self care/self help**
Self care is different for everyone. It might include: time out; relaxing activities such as baths, music, reading, movies or TV, hobbies or exploring creativity; gardening or cooking; exercise; mindfulness, yoga or relaxation; improved sleep; improved diet; social time or connecting with others in person or online.
Early parenting support, child care and home help

Childcare, nannies, home visiting
Child care centres, long day care, occasional care, family day care, private nanny, additional government subsidies for in-home care, home visiting programs, community visitors schemes.

Early Parenting Services
Residential, day-stay, outpatient and in-home support for parents to assist with issues including: sleep and settling; feeding; parenting; and mild perinatal anxiety and depression.

Lactation consultants
Education and support with breastfeeding; available through Councils, breastfeeding clinics at maternity hospitals and private consultants.

Activities to support parent and infant
Library time, music programs, playgroups.

Online support and apps
PANDA websites panda.org.au and howisdadgoing.org.au
Information and personal stories to educate, reduce stigma and support help-seeking; Mental Health Checklists to help new/expecting parents and partners understand what they are feeling and get help, including a tool to help them talk with their GP; client fact sheets including in community languages; health professional resources and training; online referral to the PANDA Helpline.


Online programs | MumMoodBooster is an evidence-based treatment for mums with mild to moderate perinatal depression | Baby Steps is an online program to support transition to parenthood.

Apps | Mind the Bump is a mindfulness app for use during pregnancy and early parenthood | MindMum and WWWT are apps to support wellbeing (for information see mumspace.com.au/when-you-need-extra-help) and WWWT (What Were We Thinking — for information see whatwerewethinking.org.au).

Crisis response options

Triple zero (000): Ambulance
When to call: suicide plan and intent with inability to keep safe; suicide in progress; self-harm with injury requiring medical attention; acute mental health crisis and in charge of infant, with no available support.

Acute Mental Health Services/Psychiatric Triage teams: crisis assessment and treatment, brief intervention, accessible by state or locality based Mental Health Triage/crisis lines
When to call: acute mental health crisis; suicide thoughts with plan; self-harm and inability to keep safe.

Other phone support/crisis services
Below are some national services; other services including early parenting and crisis support services may be available in your state.

Lifeline | Phone 13 11 14 | counselling for those affected by suicide, available 24/7

Suicide Callback Service | Phone 1300 659 467 | counselling for those affected by suicide, 24/7

Pregnancy, Birth and Baby | Phone 1800 882 436 | Information, emotional support, 7am to midnight

1800Respect | Phone 1800 737 732 | Family violence/sexual assault counselling, referral, 24/7

QLife | Phone 1800 184 527 or qlife.org.au | Phone and webchat counselling and referral for LGBTIQ people and their family/friends, 3pm to midnight.