

Online resources

- Post and Ante Natal Depression Support and Information (PANDSI): pandsi.org
- Beyondblue: beyondblue.org.au
- Raising children: raisingchildren.net.au
- Child Development Service: communityservices.act.gov.au/childdevelopmentsservice
- Red Nose: rednose.com.au
- Domestic Violence Crisis Service: hdvcs.org.au

Emergency contacts

Emergency: 000

Crisis Assessment and Treatment Team: 1800 629 354

Domestic Violence Crisis Line: (02) 6280 0900

Healthdirect Australia: 1800 022 222

Lifeline: 13 11 14



EARLY PARENTING COUNSELLING SERVICE

Division of Women, Youth and Children Community Health Programs

Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



Interpreter

If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

For further accessibility information, visit: www.health.act.gov.au/accessibility

www.health.act.gov.au | Phone: 132281 | Publication No XXXXX

© Australian Capital Territory, Canberra November 2016



The Early Parenting Counselling Service provides mothers, fathers and other primary caregivers with therapeutic support and advice to better manage and overcome challenges that may arise in the early stages of family life.

The Early Parenting Counsellors aim to enhance caregivers' strengths and capacities to manage challenges during pregnancy and the early parenting years.

Our services

The Early Parenting Counselling Service provides:

- individual counselling and therapeutic interventions with parents
- information, advocacy and support, and
- group programs.

Our counsellors are available to help with:

- adjusting to being a parent
- dealing with stress that can make parenting more difficult
- connecting with your baby and toddler
- bonding, attachment and positive parenting practices
- emotional wellbeing for expectant mothers and fathers
- managing antenatal and postnatal anxiety, distress or depression
- experiences of grief and loss
- coping with a difficult or traumatic birth experience

- the impact of past experiences, childhood trauma, or family violence on well-being or parenting confidence
- family or relationship challenges in the early parenting years
- feeling isolated from family, friends or the community
- coping with having a baby with developmental delays, disabilities, or additional needs
- connecting with other support services.

Who can use this service?

- All parents and caregivers in the ACT with children (0-5 years of age), and
- All pregnant women and their partners in the ACT.

Cost

This service is free to Medicare and Asylum Seeker card holders.

Make an appointment

Call **Community Health Intake (CHI)** on **(02) 6207 9977** between 8am to 5pm, Monday to Friday (excluding public holidays).

When you call to book an appointment, a CHI representative will register your details and ask specific questions about your health care needs. You may be transferred to one of our nurses for further assessment in order to determine your eligibility and arrange the most appropriate service for your needs.

Appointments are available at Tuggeranong, Belconnen or Gungahlin community health centres. In certain circumstances a home visit may be offered to you following a conversation with your clinician.