

Pregnancy Support Information – Hume and Whittlesea

Information for patients and families

Congratulations on your pregnancy!

Northern Health is happy to support you and your health needs during your antenatal phase and beyond.

Having a baby will impact on your finances. We recommend that you plan ahead and budget so you can make sure you have all the items your baby will need before they are born.

You must have a car seat and bassinette/cot before you leave the hospital after having your baby.

You may find it useful to lay-by or use services such as 'After Pay' to pay for these items.

You can also look at buying items on eBay or Gumtree. New and used items can also be bought from Facebook Marketplace. Second hand or opportunity shops like Salvos, Vinnies and Savers also sell second hand or used items at cheaper prices.

Northern Health cannot provide you with baby equipment. Charities do not always have items either. Please remember to ask friends, family and your community for help.

This information sheet is a list of community services that may be helpful for you during this time.

Material Aid	
Whittlesea Community Connections Shop 111, Pacific Epping, Epping T. (03) 9401 6644 9am – 1pm	Available to residents of the City of Whittlesea. Delivery address must be within local government area: Beveridge (split with Mitchell Shire Council), Bundoora (split with Cities of Banyule and Darebin), Donnybrook, Doreen (split with Shire of Nillumbik), Eden Park, Epping, Epping North, Humevale, Kinglake West, Lalor, Mernda, Mill Park, South Morang, Thomastown, Whittlesea, Wollert, Woodstock, Yan Yean (split with Shire of Nillumbik).
Caroline Chisholm Society 977 Mt Alexander Rd, Essendon T. (03) 9361 7000 or 1800 134 863 E. info@caroline.org.au	You may also donate any good quality baby items to Caroline Chisholm when you no longer need them.

<p>The Salvation Army</p> <p>Craigieburn Community Support Services 75 Interlink Drive, Craigieburn</p> <p>Doorways Program Monday, Wednesday & Thursday T. (03) 8339 4987 for appointment</p> <p>Financial Counselling Wednesday & Thursday T. (03) 8339 6106</p>	<p>If you wish to purchase new items you may be eligible to apply for a No Interest Loan (NILS).</p> <p>Eligibility for the NILS:</p> <ul style="list-style-type: none"> • You must have a healthcare or pension card • Earn less than \$45,000 • Lived at your current home for 3 months • Be able to repay the loan <p>There are no credit checks.</p> <p>Available from: Kildonan Unity Care – Epping T. (03) 8401 0100 Lentara Uniting Care – Broadmeadows T. (03) 9351 3600 Salvation Army Plenty Valley Community Support Services – Mill Park T. (03) 9436 9200</p>
<p>Hire for Baby T. 1300 363 755 W. hireforbaby.com</p>	<p>Hires out baby equipment including:</p> <ul style="list-style-type: none"> • Car seats • Prams • Breast pumps

Financial Counselling	
<p>Uniting Lentara 413-419 Camp Rd, Broadmeadows T. (03) 9351 3600</p>	<p>National Debt Hotline T. 1800 007 007 W. ndb.org.au See website for live chat with a financial counsellor</p>

Emergency Food Relief	
<p>Encompass Care T. 0422 461 847 Monday – Friday: 9.30am-3.00pm</p>	<p>Love Thy Neighbour T. 0413 220 015 Food hampers</p>
<p>Shared Community Pantries T. 0422 461 847 Give what you can and take what you need</p>	<p>The Shak T. (03) 9436 8797 E. theshak@millparkbaptistchurch.org.au Free community lunch</p>
<p>St Vincent De Paul T. 1800 305 330 Food hampers, material aid and educational support</p>	<p>From Us 2 You T. 0412 042 069 Monday – Sunday: 8am-1pm Food hampers</p>

Housing Services

Vincentcare (Hume)
T. 1800 825 955
W. vincentcare.org.au

Melbourne City Mission Frontyard Youth Service
T. (03) 9977 0077
W. mcm.org.au/services/homelessness/frontyard
State wide service for young people between 12 & 25 years

Haven Home Safe (Whittlesea, Darebin & Nillumbik)
T. 1300 428 364
W. havenhomesafe.org.au

Parenting Services

The Orange Door – North East
571-583 High St, Epping
T. 1800 319 355
E. nema@orangedoor.vic.gov.au

The Orange Door – Hume Merri-bek
1093 Pascoe Vale Rd, Broadmeadows
T. 1800 271 151
E. hma@orangedoor.vic.gov.au

**Healthy Mothers Healthy Babies Program
DPV Health**
T. 1300 234 263 or (03) 9409 874
Case management support during pregnancy.
Self-referral can be made.

Whittlesea Early Parenting Centre
34 Anchorage Dve, South Morang
T. (03) 9407 6800
Self-referrals for day residential day stay
Telehealth parenting services for carers of children aged 0-4 years.

Victorian Arabic Social Services
T. (03) 9359 2861
E. mail@vass.org.au

Transport Services

Link Community and Transport
T. 1300 546 528
W. lct.org.au

Red Cross Transport
T. (03) 8327 7700
W. redcross.org.au/transport

Community Accessibility Inc
T. 1300 704 530
W. communityaccessability.com.au/accessible-transport
Transport for anyone to attend medical appointments

Migrant Services

Whittlesea Community Connections
T. (03) 9401 6666
People who are refugees and new arrivals to Australia

Spectrum Migrant Resource Centre (Hume)
Level 5, 61 Riggall St, Dallas
T. (03) 9977 9000
Supporting newly arrived and established people with migrant and refugee backgrounds

Asylum Seeker Resource Centre
T. (03) 9326 6066
W. asrc.org.au/get-help
Open Monday, Tuesday, Thursday & Friday

Mental Health Services

Mums Matter Psychology
T. (03) 9079 6930
W. mumsmatterpsychology.com
Referral from your GP is needed
Appointments bulk billed

PANDA – Perinatal Anxiety and Depression Australia
T. 1300 726 306 – Monday to Saturday
W. panda.org.au

ForWhen
T. 1300 24 23 22
W. forwhenhelpline.org.au
Free national care-navigation phone line that connects new and expecting parents or carers to perinatal and infant mental health services and supports in the local area

Head to Health
T. 1800 595 212
W. medicarementalhealth.gov.au
Access a local Medicare mental health service

Beyond Blue
T. 1300 224 636
W. beyondblue.org.au
24/7 support

Lifeline Australia
T. 13 11 14
W. lifeline.org.au

Mum Space
W. mumspace.com.au
Perinatal depression and anxiety support

Other Services

PRACE – Forms and advocacy assistance

Available to people living in the City of Banyule, Darebin or Whittlesea
T. (03) 9462 6077

Can assist with completing:

- Centrelink forms
- Housing or lease agreements
- Citizenship applications
- Identity documents
- Family violence Intervention order applications

Ask Izzy – find the help you need

W. askizzy.org.au

Birth Trauma Association

W. birthtrauma.org.au

Tummy Talks

Ante natal education online
W. tummytalks.com.au

The Mums Economy

Facebook page
Local parents donating baby and children's items

1800 My Options

T. 1800 696 784
Contraception, pregnancy options and sexual health in Victoria

This information is general only.
Northern Health encourages you to ask questions
and get specific advice from your treating team.

Northern Health



If you need an Interpreter or
the support of an Aboriginal
Liaison Officer, please speak
to a staff member.



www.nh.org.au