

Pregnancy Support Information – Mitchell Shire

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	
Caroline Chisholm Society 15A St Andrews Rd, Shepparton T. (03) 5821 0826 or 1800 134 863 E. info@caroline.org.au	Love in Action Wallan Community Group T. 0436 457 154 or see Facebook page Food and other personal items
Salvocare Seymour 12 Tallarook St, Seymour T. (03) 5799 2583 Clothing and food parcels	Hire for Baby T. 1300 363 755 W. hireforbaby.com Hires out baby equipment including: <ul style="list-style-type: none">• Car seats• Prams• Breast pumps

Financial Counselling

UG Rural Financial Services

T. (03) 5735 4342

National Debt Hotline

T. 1800 007 007

W. ndb.org.au

See website for live chat with a financial counsellor

Nexus Financial Counselling

T. 1300 773 352

No Interest Loan Scheme

T. 13 64 57

For any necessity e.g. white goods, furniture or a car

Emergency Food Relief

Freedom Care - Kilmore

T. 0422 599 735

E. enquiries@freedomcare.com.au

Groceries and personal care items

Salvation Army - Broadford

T. (03) 5784 1635

25-27 Powlett St, Broadford

Food parcels

Wallan Gateway Foodbank

T. 0491 075 404

By appointment only

Salvocare - Seymour

T. (03) 95799 2583

Food parcels

Housing Services

Beyond Housing – Mitchell, Greater Shepparton & Strathbogie

T. (03) 5735 2000 (Seymour) or 1800 825 955

W. beyondhousing.org.au

Parenting Services

The Orange Door – Goulburn Valley

42-80 Bentinck St, Wallan

T. 1800 634 245

E. goulburn@orangedoor.vic.gov.au

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.

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

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

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.



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



Northern Health

www.nh.org.au