



MPPP

Perinatal Emotional Health & Wellbeing

Becoming a parent is often a very special and exciting time in life. However, it is not uncommon to feel stressed or overwhelmed at times. Please know there are a wealth of services and resources available to you, should you need it.

Apps:



COPE is a free app that provides trustworthy information about emotional and mental health throughout pregnancy and the first year of life with a baby, specific to your stage of the perinatal period.

<https://www.cope.org.au/readytocope/>

Online Programs:



6 x free online interactive cognitive behavioural sessions for people with mild – moderately severe perinatal anxiety and depression.

<https://www.mumspace.com.au/online-treatments/>

Head to Health

Government supported website providing access to online programs and trusted information on depression, stress and anxiety from Australia's leading mental health organisations.

<https://www.headtohealth.gov.au/search-resources>

Support Lines:



Free telephone support counselling and information on antenatal and post-natal depression. Call anytime Monday – Saturday.

1300 726 306

<https://panda.org.au/>



Free general advice and counselling about pregnancy, childbirth & parenting

1800 882 436

<https://www.pregnancybirth&baby.org.au/>

24-hour crisis support and suicide prevention

Call 13 11 14, text 0477131114 or chat online

<https://www.lifeline.org.au/crisis-chat/>



24-hour support for anxiety, depression and suicide prevention
Call 1300 22 2636 or chat online
<https://www.beyondblue.org.au/support-service/chat>



24-hour counselling service providing information and support for people who have experienced sexual assault, domestic, or family violence and abuse
Call 1800 737 732 or chat online
<https://1800respect.org.au/>

Medicare funded progr

Pregnancy support counselling

3 x 30min counselling sessions with an eligible GP, psychologist, social worker or mental health nurse, with a Medicare rebate of \$61.05 per session. Pregnancy support counselling is not specifically for a mental health condition, but rather is for parenting, relationship or health concerns related to pregnancy. This can be arranged by your GP.

Mental Health Care Plan

10 x individual and 10 x group therapy sessions with a psychologist or an allied mental health professional. A rebate is provided by Medicare, although you may still need to pay a gap fee. This can be arranged by your GP.

Finding a therapist

e-COPE Directory

You can search e-COPE Directory for to find a perinatal specialised therapist near you
<https://directory.cope.org.au/#/> or through the COPE app

Emerald Tree Psychologist

1-2 week wait
227 Pakington Street Geelong. Telehealth appointments available
<https://www.emeraldtreecounselling.com.au/>
03 5222 4737