

# ForWhen

Guiding new and expecting parents to perinatal mental health support.



## Who we help



Parents or carers seeking help with emotional health and wellbeing.



From **pregnancy**, through **birth and early parenting** - up until baby turn 12 months and through **loss or grief**.

## Who we are

**ForWhen is a free national phone service that connects parents to local mental health support services during their journey.**

Having a baby is a time of big change and challenges. We're here to remind parents they're not alone and there is help available.

## What we do

We provide a culturally safe space for new and expecting parents to yarn about their feelings, concerns and needs.

Parents can yarn to one of our Aboriginal Family Support Workers, who will listen without judgement, take the time to understand where your clients are coming from and work with our Navigators to help connect your clients to the right support. We can also work with you, or with someone your client trusts, to help ensure they get the support your client needs.



# Call for a yarn

1300 24 23 22

Monday - Friday  
9am - 4.30pm

  @ForWhenHelpline  
forwhenhelpline.org.au

## How we help

**Do you know a new or expecting parent having a tough time?**

Call **1300 24 23 22** to yarn to our Aboriginal Family Support Workers and Clinical Navigators.

Let's walk the journey together to support and connect parents to the services they may need.

## Families say

That they did not feel judged by the ForWhen service, they appreciated being heard and listened to, and felt that ForWhen was like a lifeline to them.



We acknowledge the Traditional and Continuing Owners of the land and waters of Australia, and we pay our respects to Elders, past, present and emerging. We pay tribute to the wisdom, richness, diversity and resilience of First Nations peoples and cultures.

