

ForWhen

Guiding new and expecting parents to mental health care

National Perinatal & Infant Mental Health Support

Who we are

ForWhen is the national perinatal and infant mental health care-navigation phone line. We connect parents experiencing moderate to severe perinatal mental health concerns to mental health services and supports.

Our state-based clinical navigators have a strong understanding of the factors impacting parents and infants and provide expert screening and triage, connecting families with appropriate perinatal mental health services.

Who we support



New and expecting parents, from conception until the child is 12 months of age, **with** mental health concerns



Health professionals requiring information on services and supports in their area

1300 24 23 22

Mon-Fri
9am - 4.30pm

@ForWhenHelpline



forwhenhelpline.org.au



Parents we help

- Are in the perinatal period who have or are at risk of mental health concerns that are affecting themselves and/or their relationship with their infant
- Require new perinatal mental health supports or services, including for perinatal loss

Parents should be ready to receive support for their mental health and have consented to their referral.

Parents require access to a phone.

Aboriginal Family Supports Workers provide a culturally safe space for new and expecting parents to yarn about their feelings, concerns and needs, and help connect them to the supports that best suit their needs.

ForWhen is not a crisis service. For parents needing crisis support, please contact their local acute mental health service or 000 in an emergency.

How to refer

You can refer or your parents can self-refer simply by calling **1300 24 23 22** or use the **Contact Us** page on our website.

Helpful links

For Parents

Download information brochure and postcard.

For Professionals

Download information brochure and postcard.

Blogs for parents

Various blogs written by clinicians, including baby blues, pregnancy emotions, miscarriage and postnatal depression in men.



What parents say

“ForWhen was amazing at listening, understanding, and working with me to get the help I need and understanding the systems.”

“Thank you - again - from the bottom of my heart for advocating for me. I just wouldn't have survived without that.”

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.

Funded by the Australian Government, Department of Health, Disability and Ageing.

