


ForWhen



Free mental health support, **for when** you need it.

Pregnancy and parenthood is a time of big change and challenges. You're not alone and there is help available.

ForWhen is a free, national care-navigation phone service to help you find the mental health support that best matches what you need.

 1300 24 23 22



We're here to support you

Call **1300 24 23 22** to speak to our qualified clinicians and Aboriginal Family Support Workers. A family member or health professional can also call for you.

Who do we support?

- New and expecting parents from conception until the child is 12 months of age
- Parents needing help with mental health concerns

Together, our skilled clinicians will help you understand how you're feeling and connect you to the services and supports you need.

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☎ 1300 24 23 22

Mon-Fri 9am - 4.30pm

  @ForWhenHelpline

ForWhenHelpline.org.au

