



# Support during and after pregnancy

## Safe Start



**Pregnancy can be a wonderful time for women but for some women it may be a time of anxiety and worry.**

During pregnancy, after the birth and in the early years of a child's life, known as the perinatal period, many families need support. The support needed will vary from family to family and may include:

- Assistance accessing parenting advice
- Support with feeding, sleeping and settling, behaviour issues
- Help in managing other children
- Information about meeting other parents or support services in your area
- Disability assistance if you find this is affecting your parenting
- Services for young parents
- Having someone to talk to if you are feeling sad, lonely or having trouble coping
- Advice regarding child development
- Support with housing and financial issues
- Supportive counselling around respectful relationships or family issues
- Grief and loss counselling
- Help with drug and alcohol, mental health and domestic violence issues.

### The Safe Start Team

Our Safe Start team is made up of midwives, social workers, drug and alcohol and mental health clinicians, a member of our Aboriginal Health Unit and community health child and family nurses.

If you or your midwife feel that you may benefit from some extra help, your midwife will ask for your consent to refer you to Safe Start.

You will be contacted by a team member to discuss extra support services. The support offered might be for a short time or ongoing through your pregnancy and after your baby is born.

It is up to you if you choose to accept the service being offered. Choosing to accept or not accept the service will not affect the medical care you receive.

During your pregnancy a hospital staff member may check in with you to see if the service offered is meeting your needs and ask if additional help might be needed.

All services are provided free of charge.

### What happens if I don't want any help?

Unless there are child protection or domestic violence issues, women do not have to consent to have their information discussed or accept any referral or help.

### Services we offer

Hospital midwives can provide support, care and advice during pregnancy, labour and after the birth of your baby.

Hospital social workers can provide assessment and counselling for social, emotional and psychological issues for women and their families in the antenatal clinic and postnatal wards. Social workers can help you with safety issues, offer advocacy and information on the health system, services and resources in the local community. They can make referrals to other services and provide education and parenting support.

Child and family health nurses can visit you in your home after the birth of your baby. They can provide information and support and if needed link you with other services. Child and family health nurses also conduct baby clinics in your area, run parenting groups and breastfeeding support services.

Drug and alcohol services can offer assessment, treatment, referral, information and support to families affected by alcohol and other drug use.

Mental health staff can offer assessment and management for mothers and their families where mental health issues such as anxiety or depression are impacting upon their ability to function, cope or to parent.

Other services that may be offered include: Karitane or Tresillian who provide support, guidance and information to families experiencing a range of parenting difficulties.



Scan the QR code for more information and resources

## Birth Unit Contact Information

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