



# Social workers

## Support for you during your pregnancy

Social workers help people to face life's challenges, improve their wellbeing, and do their best to ensure they are treated fairly. Our services are free and confidential.

Social workers can:

- Help you prepare for the birth of your baby by linking you to charitable organisations that can provide you with the things you need such as cots, prams and car seats.
- Help you develop a birth plan for you and your baby so you can make decisions about who you would like to support you through the birth of your baby.
- Provide counselling services, if you need extra support during your pregnancy.

Our social workers can also link you to services such as:

- A Perinatal Mental Health Midwife who can provide mental health support and link you to a clinical psychiatrist to review your medication.
- A psychologist for counselling support about your pregnancy.
- Drug and alcohol support services.
- Non-government organisations that provide parenting education, mums and bubs groups and/or family counselling.

Please speak to us if you are not an Australian resident, we may be able to help.



Scan the QR code for more information and resources

*I would love to meet other pregnant mums and make new friendships.*



*I'm a little anxious about motherhood and coping with a newborn. I'd like to know what is out there to help support me.*



*I'm feeling overwhelmed and unsupported. I need help.*



*My birth plan: grandma and my partner will be there during labour. Grandad will look after my other children while I am in hospital.*



### Contact information

Ask your doctor or midwife to refer you to a social worker or phone Nepean Hospital on 4734 2000 and ask for pager 17331.

