

Resources

Introduction

There are a number of community resources available for access. Some are accessible by telephone, others have web sites. This list of resources has been developed to assist you to find useful resources specific to your needs.

In addition, there are a number of books and videos recommended by the Women's Health Information Centre.

Please advise us if you know of any additional helpful resources.

Emergency

- Ambulance Tel: 000
- Police Tel: 000
- Fire Tel: 000
- Royal Children's Hospital Tel: (03) 9345 5522
- Poisons Information Line Tel: 13 11 26
- Lifeline Tel: 13 11 14
- Telephone Interpreter Service Tel: 13 14 50
- Child Protection Crisis Line Tel: 13 12 78

General pregnancy information

Exercise in pregnancy

Sports Medicine Australia Fact Sheet:
http://www.sma.org.au/information/women_in_sport.asp

Exercise in Pregnancy: Details the physiological changes in pregnancy, provides advice, including the risks, precautions and warning signs.

Folate information

Folate - information for health professionals
<http://www.health.vic.gov.au/nutrition/>
Includes information about folate, folate in pregnancy and information for health professionals.

Diet and nutrition

Dietitians Association of Australia

Tel: (02) 6163 5200

Provides information on dietetics and healthy food habits and acts as a referral service. The web site also lists local accredited practising dietitians.

Smoking

Quitline

Tel: 13 18 48

Information and support to quit smoking.

Alcohol and drugs

Direct Line: an alcohol and drug counselling, information and referral service

Tel: 1800 888 236

Drug Info Line: an information service administered by the Australian Drug Foundation
Tel: 1300 858 584

Women's Alcohol and Drug Service

The Royal Women's Hospital

Tel: (03) 9344 3631

Other

Maps of Victoria's hospital locations
<http://www.health.vic.gov.au/maps/index.htm>

Better Health Channel

<http://www.betterhealth.vic.gov.au/>

General information on a variety of health topics and services

Dental Health Services Victoria

Tel: (03) 9341 1200

Baby health

Immunisation

Victoria's immunisation information on all vaccinations

Tel: (03) 9345 6399

Australia's immunisation infoline

Tel: 1800 671 811

Australian Government Immunise Australia Program

<http://www.immunise.health.gov.au/>

Provides information on common vaccines, schedules for children, side effects and government benefits.

Maternal Child Health

Maternal Child Health Nurse Line

Tel: 13 22 29

24 hour telephone advice line for families with children up to 6 years of age. Service includes: advice, support, counselling and referral to local agencies on issues including breastfeeding, parenting, childhood illness. Has access to telephone interpreter services.

Women's Health

Women's Health Information Centre (WHIC)

Tel: (03) 9345 3045

Tel: 1800 442 007

Provides health information, support and referral service for women in Victoria. The WHIC web site provides information on services for well women at the Royal Women's Hospital including, health promotion, health information and opportunity to email health questions to trained midwives. In addition, information on this web site is translated into several languages.

Women's Health Victoria

Tel: (03) 9662 3742

Tel: 1800 133 321

Provides information on various aspects of women's health

Women's Information and Referral Exchange (WIRE)

Tel: 1300 134 130

Family Planning Victoria

Tel: (03) 9257 0100

Provides detailed information about contraception

Vicnet's Aboriginal and Torres Strait Islander Page

<http://www.vicnet.net.au/community/aboriginal/>

Relationships

Family Relationships Online web site

<http://www.familyrelationships.gov.au/>

Commonwealth Department of Family and Community Services web site is a resource available for individuals, couples and families to access. It provides information on relationships, family, love and life.

Relationships Australia

Tel: 1300 364 277

Violence

Women's Domestic Violence Crisis Service

Tel: (03) 9373 0123

Tel: 1800 015 188

Services to assist women and/or families experiencing violence.

Domestic Violence Resource Centre Victoria

<http://www.dvrcv.org.au/>

Services to assist women and/or families experiencing violence

Men's Referral Service

Tel: (03) 9428 2899 or 1800 065 973 (free call within Victoria), 12 noon – 9pm, Mon-Fri

Telephone counselling, information and referral service to assist men to address their violent and controlling behaviour

Child safety

Royal Children's Hospital Safety Centre

Tel: (03) 9345 5085

Information on common safety concerns

Infant restraint

<http://www.vicroads.vic.gov.au/Home/RoadSafety/SeatbeltsChildRestraints/ChildRestraints/>

Information about selecting, hiring and using an infant restraint and where to find infant Restraint Fitting Stations.

Kidsafe

Tel: (03) 9345 6471

Parentline

Tel: 13 22 89

Counselling, information and referral service on parenting issues for parents with children up to 18 years of age.

(Parenting) Crisis Care
Tel: 13 16 11

Government assistance

Registry of Births, Deaths and Marriages
Ground Floor, 595 Collins Street, Melbourne
3000 or P.O. Box 4332, Melbourne 3001
Tel: 1300 369 367

Family Assistance Office
Tel: 13 61 50
Identification and access to various payments
available to families.

Medicare
Tel: 13 20 11
Outlines Medicare, who is eligible, how to enrol,
what Medicare covers and what is not covered by
Medicare.

Breastfeeding support and advice

*Australian Breastfeeding Association -
Breastfeeding Help Line*
Tel: (03) 9885 0653
24 hour recorded message with names and
phone numbers of breastfeeding counsellors. The
web site has various tip sheets about
breastfeeding.

Lactation Resource Centre
Tel: (03) 9885 0855

*Mercy Hospital for Women Breastfeeding Support
Centre*
Tel: (03) 8458 4676

*The Royal Women's Hospital Breastfeeding
Education and Support Service*
Tel: (03) 9344 3651

Early parenting centres

Early Parenting Centres provide day stay and
residential care for mothers having difficulty with
feeding, sleep/settling and behaviour of your
new baby.

Tweddle Child and Family Health Service
Tel: (03) 9689 1577
Day stay and residential support for parents who
are experiencing parenting difficulties of infant or
newborn children

Mercy Health - O'Connell Family Centre
Tel: (03) 9882 2326
Day stay and residential support for parents who
are experiencing parenting difficulties of infant or
newborn children.

Queen Elizabeth Centre
Tel: (03) 9549 2777
Support for parents of babies and toddlers
through outreach programs, day stay and family
residential and referral.

Parenting Research Centre
Tel: (03) 8660 3500
Research and development organisation that
provides parenting programs to support parents.

Other information and support services

Australian Physiotherapy Association
Tel: (03) 9092 0888

National Continence Helpline
Tel: 1800 330 066
Advice about bladder and bowel control
problems, including referral to local services,
product information and brochures.

Austprem Web site
<http://www.austprem.org.au/>
Provides support and information for families
about premature birth, and parenting a
premature infant

*The Australian Multiple Birth Association
Incorporated*
Tel: 1300 886 499 (answering machine)

Childhood conditions

Genetic Health Services, Victoria
Tel: (03) 8341 6201
Provides information on genetic services, testing
and diagnosis, counselling and support.

Information is also available to health professionals.

Human Genetics Society of Australasia
Tel: (03) 5772 2779

Down Syndrome Association of Victoria
Tel: (03) 9486 9600
Provides support and information for people with disabilities as a result of Down syndrome and for their families and carers.

Association for children with a disability
Tel: (03) 9818 2000
Tel: 1800 654 013
Provides information, support and advocacy organisation for children with a disability and their families, in Victoria.

Yooralla Society of Victoria
Tel: 1300 9667 2552
Support and assistance for people with a disability.

Grief and loss

SANDS (Stillbirth and Neonatal Death Support)
Tel: (03) 9899 0218
Provides information about support groups and publications available.

SIDS and KIDS (Sudden Death Infant Death Syndrome)
Tel: 1300 308 307 (24 hour grief support)
Services and information for those affected by the sudden and unexpected death of a child aged 20 weeks gestation to 6 years of age, regardless of the cause of death.

National Association for Loss and Grief
Tel: (03) 9650 3000
Tel: 1800 100 023
Provides a state wide telephone and referral service, 9 to 5 Monday to Friday.

Infertility

Monash IVF
Tel: (03) 9429 9188
Tel: 1800 628 533
Provides information about infertility and treatment programs.

Psychological and emotional health care services

PANDA (Post and Ante Natal Depression Association Incorporated)
Tel: (03) 9428 4600
Support, information and referral for clients and their families.

Austin Health - Professional Unit (Mother/Baby unit)
Tel: (03) 9496 6407 / 9496 6420
Inpatient postnatal psychiatric service.
Monash Medical Centre (Mother/Baby unit)
Tel: (03) 9594 1414 / 9594 1496
Inpatient postnatal psychiatric service.

beyondblue
Tel: 1300 22 46 36
Provides information and support services for people living with depression and anxiety. Also links to other emotional health websites.

Colleges and associations

Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG)
Tel: (03) 9417 1699

Australian College of Midwives Incorporated
Email: membersvic@midwives.org.au

Royal Australian College of General Practitioners
Tel: (03) 8699 0488

Australian and New Zealand College of Anaesthetists
Tel: (03) 9510 6299

Australian Medical Association
Tel: (02) 6270 5400

Accredited practitioners for provision of nuchal translucence
Tel: (03) 9412 2938
Lists centres credentialed by the Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG) Nuchal Translucency Program in Australia.

Organisations concerned with maternity care guidelines and research

Victoria

3Centres Collaboration

http://www.3centres.com.au/tests_frame.htm

A joint Steering Group made up of senior obstetric and midwifery managers from the Royal Women's Hospital, Mercy Hospital for Women and Monash Medical Centre (Southern Health). See the 3Centres "A guide to tests and investigations for uncomplicated pregnancies".

Perinatal Data Collection Unit, Victoria

<http://www.health.vic.gov.au/perinatal/>

Tel: (03) 9096 2695

Infectious Diseases - "The Blue Book"

<http://www.health.vic.gov.au/ideas/>

Department of Human Services publication that provides general guidelines for the control of infectious diseases.

Australia

RACGP (Royal Australian College of General Practitioners) - "The Red Book"

<http://www.racgp.org.au/publications/>

Guidelines for Preventative Activities in General Practice including pre-pregnancy, genetic screening and health promotion in newborns and children.

International

Cochrane Library

<http://www.update->

[software.com/publications/cochrane/](http://www.update-software.com/publications/cochrane/)

A premier evidence database that is regularly updated and available to all Australians.

Books and videos recommended by the Women's Health Information Centre (WHIC)

General pregnancy books

Barker R. (2001) *Baby Love*. Macmillan: Australia.

Stoppard M. (2000) *Conception, pregnancy and birth*. Dorling Kindersley: Australia.

MacDougall J. (1997) *Pregnancy week-by-week*. HarperCollins.

Eisenberg A and Murkoff H. *What to expect when you're expecting*. HarperCollins. (Revised ed)

Clegg M. (2003) *Your baby on a budget*. New Holland.

De Crespigny L, Espie M, Holmes S. (1998) *Prenatal testing: making choices in pregnancy*. Penguin Books: Australia.

Breastfeeding

Renfrew M, Fisher C, Arms S, Conroy M. (1990) *Bestfeeding: getting breastfeeding right for you*. Celestial Arts: Berkeley, California

Breast is Best: about mothers milk, breastfeeding and early contact with the newborn. (Video)

Follow me mum: the key to successful breastfeeding. Rebecca Glover, Tapestry Films (Video)

Breastfeeding Naturally (Australian Breastfeeding Association)

Parenting

Lee M. *Staying mum, the first year: what your mum forgot to tell you and your best friends never dared*. John Wiley and Sons.

Child and Youth Health (2002) *Settling your baby, a survival guide for parents. Birth to 12 months*. South Australia Department of Human Services.

Cummings R, Houghton K, Williams L. *Sleep Right Sleep Tight: A practical proven guide to solving your baby/child's sleep problem*. Publisher: Random House. (Available from Tweddle Child and Family Health Service).

O'Connell J, Cummings R, Ralston G. (2003) *Eat Right Don't Fight: A practical guide to feeding children from birth to the preschool years*. Publisher: Random House (Available from

Tweddle Child and Family Health Service)
(Companion video available).

Parents' first steps: surviving the first weeks following childbirth. Mercy Hospital for Women (Video)

Other specific issues

Mirosch N. (2003) *Going it alone: the single woman's guide to pregnancy and birth.* New Holland.

Fetthing L. (2002) *Postnatal depression: a practical guide for Australian families.* IP Communications.

Warland J, Warland M. (1996) *Pregnancy after loss.* Publisher: J & M Warland.

What do you mean I've changed? St John of God Health Services (Video)

Loss of a pregnancy or baby

Collinge A, Danial S, Jones HG. (2002) *Always a part of me, Surviving Childbearing Loss.* ABC Books: Sydney, Australia.

McKissock M. (1995) *Coping with Grief.* ABC Books: Sydney, Australia.

Crowther R, Brabin P. (2002) *Your Baby has Died.* SANDS: Victoria, Australia.

Ilse S. (1990) *Empty Arms - Coping after miscarriage, stillbirth and infant death.* USA.

McKissock D. (1998) *The Grief of our Children.* ABC Books: Sydney, Australia.