

Referral Organisations



Sometimes it helps to talk to someone who understands. Many of the team at Life's Little Treasures Foundation have the 'lived experience' of welcoming a premature or sick baby into the world so we get it and don't want you to feel alone on your journey. You might find comfort in reaching out to a nurse, counsellor or other expert, that's why we've put together this list of organisations that offer free helplines, information and resources for parents and carers to help you during this difficult time.

Expert health advice helplines:

- **Lifeline:**
13 11 14 (24hr)
www.lifeline.org.au
- **Beyond Blue:**
1300 224 636
www.beyondblue.org.au
- **Healthdirect:**
1800 022 222 (24hr) (exc. QLD)
www.healthdirect.gov.au
- **13 HEALTH**
13 43 25 84 (24hr) (QLD only)
- **Nurse-On-Call:**
1300 606 024 (24hr) (VIC only)
www.health.vic.gov.au/primary-care/nurse-on-call
- **Pregnancy, Birth and Baby Helpline:**
1800 882 436 (24hr)
www.pregnancybirthbaby.org.au
- **Raising Children Network:**
www.raisingchildren.net.au
- **Maternal and child health line:**
132 229 (VIC only)
(for all other states, see:
www.raisingchildren.net.au)
- **Parentline:**
13 22 89 (VIC only)
(for all other states, see:
www.raisingchildren.net.au)
- **Australian Multiple Birth Association:**
1300 886 499 (24hr)
www.amba.org.au
- **Australian Breastfeeding Association:**
1800 686 268 (24hr)
www.breastfeeding.asn.au
- **PANDA Helpline (Perinatal Anxiety and Depression Australia):**
1300 726 306 (Mon-Fri, 9am-7:30pm,
Sat, 9am-4pm AEST/AEDT)
www.panda.org.au
- **Red Nose Grief and Loss:**
1300 308 307 (24hr)
www.rednose.org.au