



# Gold Coast Region Perinatal Services Resource Directory

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**Community Resources Directory**  
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# *General Health and Parenting Websites*

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[www.bubhub.com.au](http://www.bubhub.com.au)

[www.cs.nsw.gov.au/tresillian](http://www.cs.nsw.gov.au/tresillian)

[www.drinkwise.com.au](http://www.drinkwise.com.au)

[www.healthinfonet.ecu.edu.au](http://www.healthinfonet.ecu.edu.au)

This website offers information on Indigenous health

[www.healthinsite.gov.au](http://www.healthinsite.gov.au)

[www.healthywomen.org](http://www.healthywomen.org)

[www.Huggies.com.au](http://www.Huggies.com.au)

[www.kidspot.com.au](http://www.kidspot.com.au)

[www.playgroup.com.au](http://www.playgroup.com.au)

[www.pregnancysupport.com.au](http://www.pregnancysupport.com.au)

[www.pricelesslifecentre.org.au](http://www.pricelesslifecentre.org.au)

[www.health.qld.gov.au](http://www.health.qld.gov.au)

[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

[www.triplep.net](http://www.triplep.net)

[www.virtualmedicalcentre.com](http://www.virtualmedicalcentre.com)

[www.wellbeing.com.au](http://www.wellbeing.com.au)



# *Antenatal and Postnatal Depression and Mental Health Support Websites*

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**[www.babybumps.com.au](http://www.babybumps.com.au)**

**[www.beyondblue.org.au](http://www.beyondblue.org.au)**

Information on depression and national initiatives also has online resources available on line

**[www.blackdoginstitute.com.au](http://www.blackdoginstitute.com.au)**

Information on depression and postnatal depression then click on information Self help and educational information including upcoming courses is on the website.

**[www.overcomingpnd.com](http://www.overcomingpnd.com)**

UK website with excellent resources and peer support

**[www.crufad.org](http://www.crufad.org)**

Information about depression and anxiety and treatment

**[www.depressionet.com.au](http://www.depressionet.com.au)**

Information on depression, anxiety and other mental health issues.

**[www.karitane.com.au](http://www.karitane.com.au)**

**[www.lifeline.org.au/goldcoast](http://www.lifeline.org.au/goldcoast)**

**[www.panda.org.au](http://www.panda.org.au)**

**[www.postnataldepression.net](http://www.postnataldepression.net)**

**[www.sane.org](http://www.sane.org)**

Online psychological therapy

**[www.ppdsupportpage.com](http://www.ppdsupportpage.com)**

# *Depression Related Information Websites*

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[www.beyondblue.org.au](http://www.beyondblue.org.au)

[www.blackdoginstitute.com.au](http://www.blackdoginstitute.com.au)

[www.depressionnet.com.au](http://www.depressionnet.com.au)

[www.lifeline.org.au/goldcoast](http://www.lifeline.org.au/goldcoast)

[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

[www.sane.org](http://www.sane.org)

There is  
help  
available



# Information Lines

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Alcohol and Drug Information Line	1800 177 833
beyondblue info line	1300 224 636
Breastfeeding Association Australia Helpline	1800 686 2686
Careline (Karitane)	1300 227 464
Community Child Health Services	1800 177 279
Child Health Information and Advisory Service	13 43 25 84
Child Health Line	1800 177 279 (non metro) 07 3862 2333 (metro)
Domestic Violence	1800 811 811
GROW Support Groups	1800 558 268
Health Information Line	07 3839 9988
Women's Health Queensland Lifeline Gold Coast	1800 017 676 (outside Brisbane) 13 11 14
Maternal and Child Health line	13 22 29
Parent line 8 am– 10 pm	1300 301 300
Postnatal and Antenatal Depression Association Support line (PANDA)	1300 726 306
Postnatal Disorder Support Group	0 7 3822 7518
Pregnancy helpline	1300139 313
Pricelesslife Centre Help Phone line	1300 792 798
Relationships Australia	1300 364 277
Salvo Care Line	1300 363 622
Tresillian Family Centre	1800 637 357
<b>Womens info link</b>	<b>1800 177 577</b>

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# Community Child Health Services

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These clinics provide a range of services:

- Baby clinics - Health advice for infants from birth to four years
- Home Visiting - By referral
- Breastfeeding Clinic - Practical assistance
- Early Parenting Centre- For where a longer period of one-to-one time with a health professional is required.
- Parent Education Groups - An informal setting to discuss health issues. Guest speakers attend.
- Open Clinics - Weigh and monitor infant progress between routine clinic visits.
- Parenting Programs - Positive strategies to help parents

\* For all clinic appointments call 07 551 926 009

<b>Clinic</b>	<b>Broadbeach Community Child Health, Gold Coast Child Youth and Family Health</b>
<b>Address</b>	23 Le Mans Drive, Broadbeach 4218
<b>Telephone</b>	07 55192600 (Appointments)
<b>Clinic</b>	<b>Helensvale Community Child Health,</b>
<b>Address</b>	105 Lindfield Road, Helensvale 4212
<b>Telephone</b>	07 55192600 (Appointments)
<b>Clinic</b>	<b>Labrador Community Child Health, Gold Coast Child Youth and Family Health</b>
<b>Address</b>	130 Frank Street (Gold Coast Highway) Labrador 4215
<b>Telephone</b>	07 55192600 (Appointments)

<b>Clinic</b>	<b>Nerang Community Child Health, Gold Coast Child Youth and Family Health</b>
<b>Address</b>	40 Martin St, Nerang 4211
<b>Telephone</b>	07 55192600 (Appointments)
<b>Clinic</b>	<b>Palm Beach Community Child Health, Gold Coast Child Youth and Family Health</b>
<b>Address</b>	9 Fifth Avenue Palm Beach
<b>Telephone</b>	07 55192600 (Appointments)
<b>Clinic</b>	<b>Robina Community Child Health, Gold Coast Child Youth and Family Health</b>
<b>Address</b>	Ground Floor Campus Alpha,2 Investigator Drive Robina 4226
<b>Telephone</b>	07 55192600 (Appointments)
<b>Clinic</b>	<b>Southport School Based Health Programs</b>
<b>Address</b>	43 Nerang Street, Southport 4215
<b>Telephone</b>	07 5519 2600 (Business)
<b>Open</b>	Mon - Fri 8am - 4:30pm Closed Public Holidays

## Northern Gold Coast

### Early Years Centre

**40 Martin St Cnr White Sts Nerang**

**Open Mon –Fri 8:30- 5:00, Sat am**

**Phone- 07 5578 1346**

#### Offers a range of services

- Community Child Health Nurse
- MAD Group for mums and dads finding contentment in parenting
- Jellybeanz supported playgroups and Saturday playgroup
- Sing and Grow music program
- Triple P parenting groups
- Play With Me group - a five week program for parents with infants aged six weeks to six months
- Explore With Me group - a program for parents with infants aged from birth to 18 months
- Stay and Play - an opportunity for parents and children to meet Centre staff and other parents

## Community Health Services

Organisation/	Address	Telephone
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<b>Agency</b>		
<b>Gold Coast Indigenous Health Service</b>	Palm Beach Community Health Centre 9, 5th Ave Palm Beach 4221	07 5525 5630
Gold Coast Women's Health Clinic		07 5591 1872
Immunisations		07 5581 5212
Indigenous Hospital Liaison Officer	Gold Coast Hospital	07 5519 8136
Kalwun Health Service		07 5520 6799
Muringunyah ATSI Corporation for Women		07 3290 4254
Spiritus Amend Program		07 5576 2768
Trinity Family Support Service		07 5575 7241
Pregnancy and Family Support		07 5535 0444
Mothers Against Depression	Neighbourhood Centre, Martin St, Nerang	07 5578 2457
Yhes House-Youth health	and education	07 5531 1577

# Community Programs/Activities

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## Activity Programs

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Program/ Activity	Address	Telephone
Connect the Coast		07 5596 5523
Fitness for over 40's		
Queensland Keep Fit Association		07 5539 3841
I Love M.E		04 1311 0870
Just Walk It	<a href="http://www.goldcoastcity.com.au/activehealthygc">www.goldcoastcity.com.au/activehealthygc</a>	07 5581 5233
Palm Beach Neighbourhood Centre Inc, Women's Social Group	16 Third Avenue, Palm Beach	07 5598 1505
Palm Beach –Elanora Women's Friendship Group		07 5598 1505
Muringunyah ATSI Corporation for Women		07 3290 4254
PALS		07 5554 5621 or 07 5522 1946
Playgroup Queensland		180017 1882
Southport Pool Water Aerobics	Marine Parade Southport	07 5531 1446
Northern Gold Coast Communities for Children	Oxenford &Coomera Community Youth Centre	07 5529 8087

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## Community Council Swimming Pools

Pool	Address	Telephone
Helensvale	Discovery Drive, Helensvale	07 5573 5797
Miami Olympic	Pacific Avenue	07 5572 8870
Mudgeeraba	Robert Street	07.5530 5288
Nerang	Martin Street	07 5578 1976
Palm Beach/Currumbin	Thrower Drive	07 5534 4063
Southport Olympic	Marine Parade	07 5531 1446
Swimming Lagoon	located in the Broadwater opposite Australia Fair shopping centre.	

## *Active and Healthy Gold Coast Initiative*

The Gold Coast City Council facilitates a range of active and healthy lifestyle opportunities and events throughout the Gold Coast region.

To locate activities go to:

- The council website [www.goldcoastcity.com.au/activehealthygc](http://www.goldcoastcity.com.au/activehealthygc)
- Access info at Libraries, libraries have computer access
- Telephone 07 5581 5233



## *Private and Other Providers of Mental Health Care*

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### **Counselling Services:**

<b>Provider</b>	<b>Cost</b>	<b>Telephone</b>
Bond University	Fees based on income	07 5595 2527
Centacare	Fees based on income	07 5527 7211
Griffith University Psychology Clinic	Fees based on income	07 5552 8556
Compassion Services	Fees by negotiation	07 5529 7255

- A list of health professionals providing services through Medicare is available on the Medicare website.
- Australian Psychological Society Referral Service 1800 333 497  
Can link callers to a local provider based on need.

### **Private Providers for Postnatal Services:**

<b>Provider</b>	<b>Comment</b>	<b>Telephone</b>
Helen Baker	Infant and Parent Therapist- at home visiting	04 0222 6106 07 5534 9082
Belmont Private Hospital	Brisbane Centre for Postnatal Disorders	07 3398 0111
<b>Private Psychiatrists</b>	Check Medicare website and yellow pages or Ask GP for names	

# *Allied Health Professional Services*

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## **Allied Health Providers of Perinatal ATAPS Services Pilot Programme**

This is an initiative using ATAPS funding. There is no cost to the individual. It is a group based programme

A referral from your GP is required to access this service.

<b>Provider</b>	<b>Address</b>	<b>Telephone</b>
<b>The Lakeside Rooms</b>	Suite 9, North Building 34-36 Glenferrie Drive, Robina 4226	07 5562 0466 Fax: 07 5562 0499
<b>Rosalind Philp</b>	Corporate Tower 1, Southport Central, 56 Scarborough St Southport 4215	07 5591 1411
<b>Hanna Thomas</b>	Tweed NSW	0404 020 321
<b>Sandra Lundsberg</b>	Murwillumbah	0429 801 4 74

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# *Mental Health Services*

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## **Gold Coast Mental Health Services:**

### **Acute Care Team 07 5667 2000**

This service is for people aged 18 years and older

### **Child and Youth Mental Health Service**

(incl infant mental health program)

Access Team, Gold Coast Mental Health Services  
Suite 13 Riverwalk, 238 Robina Town Centre Drive  
Phone: 07 5667 1714, 07 5519 8211 (after hours)  
Hours: Mon - Fri 8:30am - 5pm

### **QuHIN—Parent Child and Family Support Program**

12/89-99 West Burleigh Road, Burleigh Heads 4558  
Phone: 07 5520 7900

### **Motherhood and Mental Health Clinic**

Consultant Liaison 0 Dr Susan Roberts

Phone 07 5519 7650

(please note this clinic is only available to current inpatients of the Gold Coast Hospital)

## Book Resources

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Any woman in Queensland can borrow these books at no cost through Women's Health Queensland Wide Inc.



They are posted out or can be collected.

<b>Title</b>	<b>Author</b>	<b>Publication</b>
<b>Down came the Rain: My journey through postpartum depression</b>	<b>Brooke Shields</b>	<b>2005</b>
<b>Coping with Postnatal Depression</b>	<b>Dr Sandra Wheatley</b>	<b>2005</b>
<b>The Postpartum husband: Practical solutions for living with postpartum depression</b>	<b>Karen Kleiman</b>	<b>2000</b>
<b>Postnatal Depression: facing the paradox of loss, happiness and motherhood</b>	<b>Paula Nicholson</b>	<b>2001</b>
<b>Postnatal Depression: Families in turmoil</b>	<b>Lara Bishop</b>	<b>1999</b>
<b>Postnatal Depression: A practical guide for Australian Families</b>	<b>Lisa Fetting</b>	<b>2002</b>
<b>Beyond the Blues: a guide to understanding and treating prenatal and postpartum depression</b>	<b>Shoshana Bennett and Pec Indman</b>	<b>2003</b>



# *Support Services for Bereaved & Grieving Families*

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◇ **Teddy Love Club**

**Pregnancy and Infant Loss Support**

**Australia wide**

**[www.teddyloveclub@org.au](mailto:www.teddyloveclub@org.au)**

**ph: 1800 82 42 40**

◇ **SIDS and Kids**

**[www.sidsandkids.org](http://www.sidsandkids.org)**

**ph: 1800 628 648**

◇ **SANDS QLD**

**[www.sandsqld.com](http://www.sandsqld.com)**

**ph: 1800 22 86 55**

**07 3254 3422**

◇ **The Compassionate Friends QLD Inc**

**[www.uq.net.au/tcfbrisbane](http://www.uq.net.au/tcfbrisbane)**

**ph: 07 3254 2585**