

Where to go for help



Where to go for help

Contact your Child and Family Health Service nurse if you are concerned about these or any other issues:

- > breastfeeding
- > infant feeding
- > parenting information
- > sleep and settling
- > your child's development
- > your child's growth.

Contact your doctor for help if you notice any of these signs or if you are worried for any other reason:

- > drowsiness (less alert than usual)
- > lethargic (less active than usual)
- > breathing difficulties
- > looks paler than usual
- > not feeding well
- > fever above 38 degrees celsius
- > vomiting and diarrhoea
- > unusual rash
- > more crying than usual.

If you are unsure about seeing a doctor, contact healthdirect Australia (24 hours) on 1800 022 222 for advice.

Domestic violence

Domestic and family violence is far too common and can have a major impact on families, including children. There is an increased risk of violence during pregnancy and birthing, and it is important to remember that victims are never to blame for someone else's use of violence. Children and families flourish in respectful relationships and supports are available – please refer to page 50 for information about services that can help.

Where to go for help

Emergency	
(Ambulance, Fire or Police)	000 or for hearing impaired 106
Child Abuse Report Line	13 14 78
Crisis Care (Mon - Fri 4.00pm to 9.00pm; 24 hours weekends and Public Holidays)	13 16 11
Mental Health Emergency (24 hours)	13 14 65
Domestic Violence Gateway Helpline (24 hours) Gateway between Violence and Helpline. For counselling, support, information and referrals	1800 800 098
Domestic Violence and Aboriginal Family Violence Gateway Available 24 hours, 7 days	1800 800 098 or 13 14 50 (if interpreter needed)
1800RESPECT National Sexual Assault, Domestic and Family Violence Counselling Service	1800 737 732
Lifeline Australia (24 hours) Crisis support and suicide prevention	13 11 14
Breastfeeding	
Australian Breastfeeding Association	www.breastfeeding.asn.au
Breastfeeding Helpline (7 days)	1800 686 268
Baby Friendly Health Initiative Australia Information about baby friendly health services	www.midwives.org.au
SA Breastfeeding Support Services A list of all services available	www.cyh.com/breastfeedingservices
Lactation Consultants of Australia and New Zealand Find a lactation consultant of your choice	www.lcanz.org info@lcanz.org

Childcare

Child Care Access Hotline (free call)

1800 670 305

Free telephone service from landline to help you find a childcare service that meets your needs. (Mon - Fri 8.00am to 6.00pm).

Care for kids

www.careforkids.com.au

Information on childcare services

Child health and development

Child and Family Health Service

1300 733 606 (for appointments)

(Mon – Fri 9.00 am to 4.30 pm)

www.cyh.com/centres

Raising Children Network

www.raisingchildren.net.au

Information for parents, resources and activities for children

Great Start

www.greatstart.sa.edu.au

Everyday learning activities for children

Raising Literacy Australia

www.thelittlebigbookclub.com.au

Books for babies, toddlers and pre-schoolers including free resources

Playgroup South Australia

1800 171 882

www.playgroupsa.com.au

Speech and language fact sheets

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

(click on Resources for the Public, then Fact Sheets)

National Disability Insurance Scheme (NDIS)

1800 800 110

www.ndis.gov.au

Child safety

Kidsafe SA

For information on how to prevent childhood injuries visit the Kidsafe Centre at the Women's and Children's Hospital (Mon – Fri 9.00am to 5.00pm)

8161 6318

www.kidsafesa.com.au

(click on Resources tab, then Information Sheets)

Kidsafe SA Home Safety Checklist

www.kidsafe.com.au

(click on Resources tab, then Information Sheets)

ACCC

(Australian Competition and Consumer Commission)
Information on product safety and consumer rights

www.accc.gov.au

Medicines and Drug Information Centre

Information on using medicines in pregnancy, while breastfeeding or for children

8161 7222

Poisons Information Centre

13 11 26

Red Nose

(previously SIDS and Kids National)
(Mon to Fri 9.00am to 5.00pm)
Information on safe sleeping

1300 998 698

www.rednose.com.au

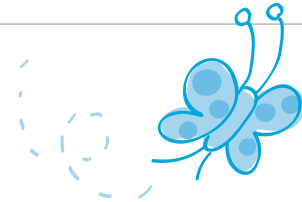
SIDS and Kids SA

For SA support (Mon to Fri 10.00am to 4.00pm)
Information on safe sleeping

8322 1066

1300 799 656 (Emergency Crisis)

www.sidssa.org



Dental

SA Dental Service

1300 008 222
www.sadental.sa.gov.au

Domestic Violence

Domestic Violence and Aboriginal Family Violence Gateway

Available 24 hours, 7 days

1800 800 098 or
13 14 50 (if interpreter needed)

1800RESPECT

National Sexual Assault, Domestic and Family Violence Counselling Service

1800 737 732

Eastern Adelaide Domestic Violence Service

8365 5033

Western Adelaide Domestic Violence Service

8268 7700

Northern Domestic Violence Service

8268 7700

Southern Domestic Violence Service

8382 0066

SA Regional Domestic Violence Services

1800 800 098

Culturally and Linguistically Diverse Domestic Violence Services

Migrant Women's Support Services

8346 9417

Aboriginal and Torres Strait Islander Services

Nunga Mi:Minar

(Northern Region Domestic Violence Service)

1800 003 308 (free call)

Ninko Kurtangga Patpangga

(Southern Region Domestic Violence Service)

8297 9644

Health and wellbeing

Beyondblue

Help with depression and anxiety, also

1300 224 636

www.beyondblue.org.au

Dad's Handbook: A Guide To The First 12 Months

PANDA

The National Perinatal Anxiety and Depression Helpline.

Mon-Fri 9.00am to 7.30pm (AEST)

Mon-Fri 8.30am to 7.00pm (SA time)

1300 726 306

Drug and Alcohol Services South Australia

Prevention, treatment, information, education and community-based services

1300 131 340

<http://www.sahealth.sa.gov.au>

(click on Health Services tab, then Drug and Alcohol Services)

Child and Adolescent Mental Health Service (CAMHS)

Free statewide community based mental health service for infants, children, adolescents and perinatal women

www.wch.sa.gov.au/camhs

healthdirect Australia (24 hours)

Telephone health advice

1800 022 222

www.healthdirect.gov.au

MensLine Australia

Support for men with family and relationship issues

1300 789 978 (24 hours)

www.mensline.org.au

Quitline

Help to quit smoking

13 78 48

SHineSA

Information and resources on sexual health

1300 794 584

www.shinesa.org.au

Women's Health Service

Clinical, emotional health and wellbeing services for Aboriginal and Torres Strait Islander women, refugees and newly arrived migrant women, women living with HIV, women with challenging health/life issues who have significant difficulty accessing health services

www.whs.sa.gov.au

Port Adelaide, Elizabeth and Hillcrest: 8444 0700

Hearing and vision

Hearing Assessment Service	8303 1530
Universal Neonatal Hearing Screening	8303 1585
Optometry South Australia Information on eye health and advice on optometrists in your area	8372 7814 www.optometry.org.au

Parenting

Children's centres Service hubs for parents and children 0 to 8 years	www.childrenscentres.sa.gov.au
Parent Easy Guides Fact sheets with helpful information for parents and carers	www.parenting.sa.gov.au
Parent Helpline Information on child health, behaviour, nutrition, parenting	1300 364 100
Child and Family Health Service	www.cyh.com/parenting 1300 733 606
Raising Children Network	www.raisingchildren.net.au
Pregnancy, Birth and Baby National Helpline (24 hours)	1800 882 436 www.pregnancybirthbaby.org.au
South Australian Multiple Birth Association	8342 2330 www.multiplebirthsa.org.au

Other

Child Support Helpline

Independent legal advice on child support matters.
Free initial telephone advice and follow-up interview if required
(Mon - Fri 9.00am to 4.30pm)

1300 366 424
[facebook.com/ChildSupportUnitSA](https://www.facebook.com/ChildSupportUnitSA)

Multicultural Health Information

Health information including infant health in many languages

www.mhcs.health.nsw.gov.au

SA Health

Information about services available in metropolitan and country areas, including Aboriginal health, drug and alcohol, GP Plus services and Centres, men's health, mental health, youth health

www.sahealth.sa.gov.au
8226 6000

TTY Users: 133 677,
then ask for (08) 8226 6000
<http://www.sahealth.sa.gov.au>

Speak and listen users: 1300 555 727, then ask for (08) 8226 6000

Internet relay users

Connect to the National Relay Service, then ask for (08) 8226 6000

National Health Services Directory

Directory of health and community services

www.nhsd.com.au

Your local council

Local Government Association

Find out about the services and activities for children and families that your local council provides. Use the website to find out what council area you live in, if you are unsure

8224 2000
www.lga.sa.gov.au

Feedback on the Blue Book is welcome

Email Health.BlueBookfeedback@sa.gov.au

Phone 1300 733 606 (Mon-Fri 9.00am - 4.30pm)

