

Psychological support for new parents



Psychological support for mums and dads during pregnancy or with a new baby

Having a child can be one of life's biggest joys but it's also a major change. For many, feelings of anxiety and depression are not uncommon as you adjust to your new life.

We can support you by:

- Providing up to 12 one to one or family sessions to talk about your feelings at no cost
- Providing strategies to help you
- Connecting you to other supports you may need

An EMPHN referral form and treatment plan needs to be completed by your GP.

Appointments available at:

Link Health and Community
2 Euneva Avenue
Glen Waverley

OR

Oakleigh and Clayton sites
as required

Need more information?
Call us on 1300 552 509
for a confidential chat