

# ForWhen

Provided to you  
by Ngala

## Mental health support for expecting and new parents.

1300 24 23 22

ForWhen connects parents that may be struggling to navigate the complex waters of pregnancy and new parenthood to the critical mental health services you might need most.



## A judgement-free mental health care referral service

Pregnancy and parenthood is a time of big change for new parents. What's often not spoken about are the challenges that can come with it. Mental health struggles can come in the wake of a pregnancy, or when raising an infant and are far more common than many people realise.

You're not alone in how you may be feeling. Other parents are feeling it too. And while it can be difficult, it's important to realise that there's help available.

## Get the guidance you need, when you need it

ForWhen provides new and expecting parents—mums, dads, and guardians—with a caring, supportive mental health navigation service, to guide you and your family throughout your perinatal journey, from conception, up until your child is 12 months old.

It's a national support line that connects you to the right service that can help you understand what you're feeling and provide the guidance and support you need at the right time.

**It's estimated that 1 in every 5 new and expecting mums, and 1 in every 10 dads, experience perinatal depression and/or anxiety.**



# Here's what to look out for

ForWhen is designed to support you onto the right pathway so you can access the help you need to better manage mental health challenges as they occur. These challenges can look and feel like:

- Anxiety, fear, or worry about your pregnancy, your baby, or yourself.
- Worrying you're not coping well, or not enjoying your pregnancy or newborn the way you think you should.
- Ambivalence, or even negative feelings, about your pregnancy, or your baby.
- Isolation and disconnection from friends, family, and the world around you.
- Feeling overwhelmed with the responsibility of parenting, and everyday coping strategies aren't working.
- A sense of hopelessness about the future.
- The inability to manage your feelings after a traumatic birth.

## How it works

### Access to local services

ForWhen helps you access local services based in your state or territory. The person you connect with on the phone knows your area and can identify the right service providers and referral pathway that can help you.

### Speak with a professional

Our helpline is staffed by clinical practitioners, not volunteers. You speak with a clinically-trained professional who's available to listen, talk with you, and help you access a local service provider.

### Support during those crucial first months

Our focus is providing you with the mental health support you need, as early as possible. You may not even know what support you need – we can help you talk through some of this, for when you're just not sure. ForWhen helps you connect with the right service, at the right time.

## Who it's for

**New and expecting parents** experiencing any form of mental health challenges, from conception up until your child is 12 months old.

**Families and family members** who notice you're experiencing mental health challenges.

**Health practitioners** such as your GP, midwife, obstetrician, or family/maternal and child health nurse can access ForWhen on your behalf.



ForWhen acknowledges the Aboriginal and Torres Strait Islander people of the many traditional lands and language groups of Australia. It acknowledges the wisdom of traditional custodians both past and present and pays respect to their communities of today.

## You can take the first step by calling us



### Call our number

We're here when you need us. Call our helpline number at **1300 24 23 22** between 9.00am and 4.30pm Monday - Friday to speak with a local specialist.



### We'll listen

Your local specialist will listen to you, identify the challenges you're facing, talk through how you're feeling, and understand your needs.



### Get connected

Then, they'll connect you with the right local support service to help your mental health.