

ForWhen

Free mental health support, for when new and expecting parents need it.



Who we are

ForWhen is a free national phone service that connects parents to local mental health support services during their journey.

Having a baby is a time of big change and challenges. We're here to remind parents they're not alone and there is help available.

Who we help



Parents or carers seeking help with emotional health and wellbeing.



From pregnancy until their baby turns 12 months.

What we do

We provide a safe space for new and expecting parents to yarn about their feelings, concerns and needs.

Parents can be connected with one of our Aboriginal Liaison Officers who will listen without judgement, understand where they're coming from and work with our clinicians to connect them to the right support. We can also work with you or someone from their mob to support the parent to get the help they need.



ForWhen acknowledges the Traditional and Continuing Owners of the land and waters of Australia, and pays its respects to Elders, past and present. We pay tribute to the wisdom, richness, diversity and resilience of First Nations peoples and cultures.



How we help

Do you know a new or expecting parent having a tough time?

You can start the conversation by calling **1300 24 23 22** to yarn to our Aboriginal Liaison Officers and clinicians.

Let's walk the journey together to support and connect parents to the services they may need.

What parents say

"ForWhen was amazing at listening, understanding, and working with me to get the help I need."

"Such a great service that really made getting help easier."

"Thank you - again - from the bottom of my heart for advocating for me. I just wouldn't have survived without that."

Call for a yarn



1300 24 23 22

Mon-Fri 9am - 4.30pm



@ForWhenHelpline

forwhenhelpline.org.au



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