# ForWhen

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

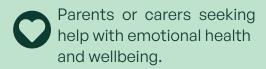


#### Who we are

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





#### 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.









### What parents say

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

Let's walk the journey together to support and connect parents to the

services they may need.

and clinicians.

"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





