

**For assistance please contact Community Health
Intake 6207 9977 Monday-Friday**

Useful Websites:

www.parentlink.act.gov.au

www.raisingchildren.net.au

www.ehub.anu.edu.au

www.familyrelationships.gov.au

www.beyondblue.org.au

www.health.act.gov.au

Accessibility

The ACT Government is committed to making its information, services, events and venues as accessible as possible.

If you have difficulty reading a standard printed document and would like to receive this publication in an alternative format such as large print, please phone 13 22 81 or email HealthACT@act.gov.au

If English is not your first language and you require a translating and interpreting service, please phone Canberra Connect on 13 22 81.

If you are Deaf, or have a speech or hearing impairment and need the teletypewriter service, please phone 13 36 77 and ask for 13 22 81.

For speak and listen users, please phone 1300 555 727 and ask for 13 22 81. For more information on these services visit <http://www.relayservice.com.au>

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Enquiries about this publication should be directed to ACT Government Health Directorate, Communications and Marketing Unit, GPO Box 825 Canberra City ACT 2601 or email: HealthACT@act.gov.au

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Enquiries: Canberra 13ACT1 or 132281

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Social Work Service

Division of Women, Youth and Children
Community Health Programs





Our Social Workers are available for help with any of the following issues:

- Adjusting to being a parent
- Managing antenatal and postnatal anxiety, distress or depression
- Coping with a difficult childbirth experience (e.g. trauma, miscarriage)
- Connecting with and enjoying your baby or toddler
- Dealing with stress that can make parenting more difficult
- Feeling isolated from family, friends or the community
- Concerns about family relationships
- Connecting with other support services

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Social Work services include:

- Individual counselling and therapeutic interventions with parents
- Information, advocacy and support
- Group programs



How do I link with a Social Worker?

- You can be referred by a Maternal and Child Health (MACH) Nurse, or other service provider
- You can refer yourself by phoning Community Health Intake on **6207 9977**
- Services are provided at Tuggeranong, Belconnen and Gungahlin Health Centres
- Home visits are also available
- After we receive a referral we aim to contact you within two weeks to make a subsequent appointment

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