

# Hyperemesis Directory of Services

For people and families experiencing Hyperemesis Gravidarum



This booklet has been made to support families impacted by Hyperemesis Gravidarum (HG) in NSW. It contains service information on: cultural support, employment and financial support, Hyperemesis services, legal services, mental health support, and family and relationship services.



# Contents

24-hour Emergency and Crisis Supports	3
Culturally and Linguistically Diverse Support services	3
Family, Parenting and Relationship Support Services	3
Hyperemesis Support Services	4
Legal Services	5
Mental Health Support Services	5
For information on Additional Services Refer to your Local Service Locator or Directory	7




To access text-to-speech support or to translate this document in another language consider using assistive technology such as downloading the Envision application. [Envision](#) is a free app for both iOS and Android mobile devices that articulates visual information into speech.

[www.letsenvision.com/app](http://www.letsenvision.com/app)




This document was made in consultation with the Central Coast Local Health District and the Hyperemesis Gravidarum Initiative Social Workers across Central Coast, Southern and Western Local Health Districts in 2023.

# NSW Services for people and families experiencing Hyperemesis Gravidarum



## 24-hour Emergency and Crisis Supports







<b>Emergency Services</b>	To access 24-hour emergency services for police, ambulance, and firefighting services in NSW.	 000
<b>Lifeline</b>	Provides 24-hour access to crisis support, suicide prevention and mental health support services. They also offer online chat and a text messaging service, find out more on the Lifeline website.	 13 11 14
<b>Lin2Home</b>	Are you at risk of homelessness? For support accessing crisis accommodation call Link2Home. Available 24/7.	 1800 152 152

## Culturally and Linguistically Diverse Support services





<b>Aboriginal Health Liaison Officer (AHLO)</b>	The Aboriginal Health Liaison Officer (AHLO) provide inpatient cultural support, resource education and referral to cultural support services.	<b>Free</b> Ask a health clinician when you access inpatient services if you would like to have a consult with the Aboriginal Health Liaison Officer (AHLO).
<b>National Relay Service (NRS)</b>	The National Relay Service (NRS) can help you if you're d/Deaf or find it hard to hear or speak to hearing people on the phone.	To register with the National Relay Service (NRS) visit the NRS website:  <a href="http://www.accesshub.gov.au/about-the-nrs">www.accesshub.gov.au/about-the-nrs</a>
<b>Translating and Interpreting Services (TIS)</b>	The Translating and Interpreting Service (TIS National) is an interpreting service provided by the Department of Home Affairs for people who require interpreting services who do not speak English.	For Immediate phone interpreting call:  131 450  <a href="http://www.tisnational.gov.au">www.tisnational.gov.au</a>
<b>Other Cultural Support services.</b>	Cultural supports and services can differ across city councils and health districts. Please refer to the local service directory's section of this document to locate additional cultural support services in your local area.	

## Family, Parenting and Relationship Support Services









<b>Family Connect and Support</b>	Family Connect and Support Service (FCSS) assists families (with children between 0-18 years of age who lives in the household) with: <ul style="list-style-type: none"> <li>• Understanding and managing your child's behaviour.</li> <li>• Budgeting and money matters.</li> <li>• Alcohol, drug or gambling problems.</li> <li>• Access to housing, health care or other community and government services.</li> <li>• Building strong family relationships.</li> <li>• Keeping everyone safe at home.</li> </ul>	To self-refer to Family Connect and Support (FCSS) visit their website and contact your local FCSS service.  <a href="http://familyconnectsupport.dcj.nsw.gov.au">familyconnectsupport.dcj.nsw.gov.au</a>
<b>Family Planning</b>	Family planning provides access to quality reproductive and sexual health services.	Visit Family Planning's 'Fee Estimator' to explore the cost of Family Planning services. If you have a question about family planning call Talkline on:  1300 658 886

<b>Family Relationship Advice Line</b>	Family Relationship Advice Line provide Information and advice on family relationship issues and parenting arrangements after separation.	 <b>1800 050 321</b> (Mon-Fri 8am-8pm, Sat 10am-4pm)
<b>Relationships Australia</b>	Provides relational, family and individual counselling support.	 <b>1300 364 277</b> (Monday-Friday, 9 am-5 pm)
<b>Parent Line</b>	This is a confidential telephone advice and information service for parents and carers of children aged 0-18 years in New South Wales. Trained professional counsellors with experience in helping families will listen and give you support, help and information.	 <b>1300 130 052</b> (Monday-Friday, 9 am-9 pm and Saturday-Sunday, 4 pm-9 pm)
<b>Pregnancy, birth and baby helpline</b>	Provides general advice and counselling about pregnancy, childbirth and parenting in the first year of life with a baby.	 <b>1800 882 436</b>  <a href="http://www.pregnancybirthbaby.org.au">www.pregnancybirthbaby.org.au</a>
<b>Redcross Young Parenting Program</b>	This NSW program works with parents 13 to 25 years of age with: <ul style="list-style-type: none"> <li>• Therapeutic case management.</li> <li>• Weekly parenting classes.</li> <li>• Education and vocational opportunities.</li> <li>• Life skills group.</li> <li>• Quality child development services and play groups.</li> </ul> For more information call the Young Parents Reception at Randwick.	 <b>(02) 8383 7500</b>


### Hyperemesis Support Services

<b>COPE - Centre of Perinatal Excellence</b>	Providing support for the emotional challenges of becoming a parent.	 <a href="http://www.cope.org.au/about">www.cope.org.au/about</a>
<b>HER Foundation</b>	The HER Foundation provides information on HG, and HG Support options.	 <a href="http://www.hyperemesis.org/about-hyperemesis-gravidarum">www.hyperemesis.org/about-hyperemesis-gravidarum</a>
<b>Hyperemesis Australia</b>	Hyperemesis Australia can assist pregnant people and their loved ones who have NVP or HG by providing support with preparing for pregnancy, support while suffering from HG, postpartum recovery.	 <a href="http://www.hyperemesisaustralia.org.au">www.hyperemesisaustralia.org.au</a>
<b>MotherSafe</b>	Provides a free telephone comprehensive counselling service for women and healthcare providers concerned about exposure during pregnancy and breastfeeding. Exposures include prescription drugs, over-the-counter medications, street drugs, infections, radiation and occupational exposures.	 <b>1800 647 848</b> (8am – 5pm, Monday to Friday)





## Financial and work support

<b>Centrelink Services</b>	You may be eligible for centrelink services if you are unable to work or have dependents. Such as the Child Care Subsidy, Family Tax Benefit, Jobseeker payment for sickness and special maternity leave.	For more information on payment eligibility follow the prompts on the online Centrelink 'Payment Finder'. If you would like to discuss Centrelink services further and you are a current inpatient request to speak to an inpatient social worker. If you are not currently an inpatient consider booking an appointment with a Centrelink social worker.  <b>132 850</b> (8am – 5pm, Monday to Friday)
<b>Financial Hardship</b>	The Australian Banking Association has put together this detailed site with helpful information about how all Australian banks approach financial hardship.	 <a href="http://www.ausbanking.org.au/for-customers/financial-difficulty">www.ausbanking.org.au/for-customers/financial-difficulty</a>
<b>MoneyMinded</b>	A community tool designed by ANZ to help you build your skills, knowledge and confidence in managing your money.	 <a href="http://www.moneyminded.com.au">www.moneyminded.com.au</a>
<b>Myfuture</b>	An Australian career information and exploration service, which provides tips if you are facing redundancy or need help finding a job.	 <a href="http://www.myfuture.edu.au">www.myfuture.edu.au</a>
<b>National Debt Helpline</b>	Financial Counselling Australia developed this site to provide practical steps, tools and other information to help get your finances back on track.	 <b>1800 007 007</b>  <a href="http://www.ndh.org.au">www.ndh.org.au</a>
<b>Way forward</b>	A not-for-profit organisation whose sole purpose is to help people manage and repay their debts.	 <b>1300 050 15</b>  <a href="http://www.wayforward.org.au">www.wayforward.org.au</a>















## Legal Services

<b>Community Legal Centres Australia</b>	A directory of community legal centres in Australia.	<a href="http://www.clcs.org.au">www.clcs.org.au</a>
<b>Legal Aid NSW</b>	If you have a legal problem in NSW. Legal Aid NSW is here to help you. Anyone in NSW can contact Legal Aid to access legal information and identify services in your area who can help you.	 <b>1300 888 529</b> (Monday to Friday, 9am – 5pm)

## Mental Health Support Services

<b>Beyond Blue</b>	Provides counselling and support.	 <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>  <b>1300 22 4636</b> (Monday – Sunday, 24-hours)
<b>Dads in Distress</b>	Support groups: peer support drop in groups are run in different locations around Australia and online for 2 hours each week. Workshops: free workshops (100% confidential) with external 'dad friendly' experts such as lawyers, police officers and psychologists who can answer your questions in a safe space.	<b>Free</b>  <b>1300 853 437</b> (Monday – Sunday, 9am to 5pm) In Person Support also available. Visit Dads in Distress website for more information:  <a href="http://parentsbeyondbreakup.com/dids">parentsbeyondbreakup.com/dids</a>



<b>ForWhen</b>	Mental health support for expecting and new parents.	 <b>1300 24 23 22</b> (Monday to Friday, 9am – 4:30pm)
<b>Gidget Foundation Australia</b>	Counselling and telehealth counselling services (no face to face option on Central Coast).	'Start Talking' telehealth support service. <b>Gidget Helpline</b>  <b>1300 851 758</b>  <a href="http://gidgetfoundation.org.au">gidgetfoundation.org.au</a>
<b>Head to Health</b>	Provides information about, and links to, nearly 400 mental health services and resources funded by the Australian Government. These include websites, apps, online programs, forums, phone support, chat and email services. This is an excellent starting point for finding services.	 <a href="http://www.headtohealth.gov.au">www.headtohealth.gov.au</a>
<b>MensLine Australia</b>	An Australian government-funded telephone, video and online counselling service for men and boys. It provides a good starting point for those with family, relationship, emotional health, suicide and well-being concerns.	 <b>1300 78 99 78</b> (Monday to Sunday, 24 hours)  <a href="http://www.mensline.org.au">www.mensline.org.au</a>
<b>Men Care Too</b>	An online resource that provides information and encourages conversations on awareness, wellbeing and engagement for Australian Men in unpaid, informal caring roles and the communities around them.	 <a href="http://www.mencaretoo.org">www.mencaretoo.org</a>
<b>Mind Health</b>	A professional counselling service for people 15 years and older living or working in the Central Coast regions. The service counsellors can assist with a broad range of experiences including but not limited to anxiety, depression, isolation, & work-related stress.	<b>Free</b>  <b>1300 029 131</b> (Monday to Saturday, 7am-9pm)  <a href="http://mindhealth.org.au">mindhealth.org.au</a>
<b>Mumspace</b>	Support your emotional wellbeing and mental health during and beyond pregnancy. This service provides evidence based digital resources and supports for mums experiencing perinatal anxiety and depression.	 <a href="http://www.mumspace.com.au">www.mumspace.com.au</a>
<b>Perinatal Anxiety &amp; Depression Australia (PANDA)</b>	Is a free perinatal mental health hotline. PANDA offers free telephone support counselling. They also provide information on antenatal and postnatal depression on their website. Monday to Friday phone line for consumer support, consumer factsheets	<b>To learn more about PANDA and the resources PANDA offers, visit the</b>  <a href="http://panda.org.au">panda.org.au</a> <b>Helpline</b>  <b>1300 726 306</b> (Monday to Friday, 9am - 7.30pm and Saturday, 9am – 4pm)
<b>SMS4dads</b>	Dads, fathers to be and health professionals can receive free text messages and support information and tips.	 <a href="http://www.sms4dads.com/v4/w1">www.sms4dads.com/v4/w1</a>
<b>13 Yarn</b>	Talk with an Aboriginal or Torres Strait Islander crisis support worker.	 <b>13 92 76</b> (Monday to Sunday, 24 hours)

**For information on Additional Services Refer to your Local Service Locator or Directory**

<b>Ask Izzy</b>	<a href="http://www.askizzy.org.au">www.askizzy.org.au</a>
<b>Directory of Community Services Central Coast</b>	<a href="http://issuu.com/apmgraphics/docs/ccservicesdirectory2022">issuu.com/apmgraphics/docs/ccservicesdirectory2022</a>
<b>City of Sydney Service Directory</b>	<a href="http://www.datadiction.com.au/bin/dd.dll/Lincs?xps&amp;MBR=SYD">www.datadiction.com.au/bin/dd.dll/Lincs?xps&amp;MBR=SYD</a>
<b>Shoalhaven Community Directory</b>	<a href="http://shoalhaven.city/Community">shoalhaven.city/Community</a>
<b>Orange Service Directory</b>	<a href="http://www.wnswphn.org.au/generalhealthinformation/health-services-directory/orangeSD">www.wnswphn.org.au/generalhealthinformation/health-services-directory/orangeSD</a>
<b>Infoxchange Service Seeker</b>	<a href="http://www.serviceseeker.com.au">www.serviceseeker.com.au</a>

