



your go to's

– WHEN YOU NEED EXTRA HELP –



Police, Fire and Ambulance

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Poisons Information Hotline

13 11 26

After Hours GP Helpline

1800 022 222

Pregnancy, Birth and Baby Helpline

1800 882 436

National Breastfeeding Helpline

1800 686 268

Perinatal Anxiety and Depression Australia

1300 726 306

Healthdirect Australia

healthdirect.gov.au

