



MOTHERLAND

Support Services

FREE 24/7 SUPPORT

- LIFELINE: 13 11 14
- BEYOND BLUE: 1300 224 636
- MENSLINE: 1300 78 99 78

SUPPORT WITH THE PRE-TEEN YEARS

- Join the Motherland Village 4-10 years program
- Speak to your school
- Speak with your GP
- Speak to a mental health professional
- More resources below

SUPPORT WITH THE TEENAGE YEARS

- Join the Motherland Village 11-18 years program
- Speak to your school
- Seek advice from your GP or a mental health professional
- Boarding School Resources
- Join your local Isolated Children's Parents' Association
- More resources below

SUPPORT FOR RURAL PARENTS

SUPPORT WITH THE BABY YEARS

- Speak to your community health nurse or GP
- Join the Motherland Chat Room or the Motherland Village 0-3 years program
- Seek Specialist Support, resources below

HOW CAN MOTHERLAND SUPPORT YOU

- Listen to the Motherland Podcast to hear stories of life on the land
- Join Motherland Village - Australia's first online rural mothers group program for rural mums with kids aged 0-18 years
- Attend a Motherland Event - fundraisers all over Australia or our National Conference
- Find local health services on Motherland Connect
- If you're doing it tough, you can apply for a scholarship

motherlandaustralia.com.au

hello@motherlandaustralia.com.au





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PRE & POST-NATAL MENTAL HEALTH

- PANDA: Free helpline - pregnancy to 12 months old - weekdays 1300 726 306
- GIDGET FOUNDATION: 10 free psychologist sessions at Gidget Houses or via telehealth.
- BIRTH TRAUMA.ORG: Live chat & Resources on their website
- SMS4DADS: text msg support service

NEWBORN SUPPORT

- TRESILLIAN: parent helpline 1300 272 736
- KARITANE: Careline 1300 227 464
- AUSTRALIAN BREASTFEEDING ASSOCIATION: hotline 1800 686 268

MORE HELP

- AUTISM CONNECT: National autism helpline 1300 308 699
- BUTTERFLY FOUNDATION: National helpline for eating disorders and body image issues 1800 334 673
- SOBER IN THE COUNTRY: resources and support.

WE CARE ABOUT
YOUR MENTAL HEALTH

MORE HELP

- RAISING CHILDREN NETWORK AUSTRALIA: the Australian parenting website
- RED NOSE AUSTRALIA: 24/7 Pregnancy and Infant Loss Support Line 1300 308 307 or live chat on their website
- 1800RESPECT: family violence 24/7 helpline: 1800 737 732 or live chat on website.

SCHOOL AGE KIDS

- KIDS HELPLINE: free confidential 24/7 online and phone counselling for young people aged 5-25: 1800 55 1800
- HEADSPACE: National Youth (12-25 years) Mental Health Foundation, incl mental, physical & sexual health, alcohol & drug services & work & study
- CONSENT: resources to support respectful relationships
- REACHOUT: free support for parents of teens including social media, school refusal, gender identity & bullying
- eSAFETY COMMISSIONER: supporting internet safety for parents & kids

For more support services check out MotherlandConnect.org.au

