

How do I access the service?

Referrals

- Mums and dads at risk of, or experiencing perinatal depression can be referred directly to Carrington Health. You don't need a referral to access these services you can refer yourself
- Referrals may come from GPs, Maternal and Child Health Nurses, other health professionals, families, friends and self referrals
- All people referred to Carrington Health will be supported to enrol in the SMS4Families program, unless they choose not to

Coping with pregnancy and a new baby

- Pregnancy and adjusting to a new baby is rewarding but also brings changes and challenges. While some days will be better than others, for some parents each day is a struggle
- If you feel sad, down, numb and empty, with no interest in your baby, other people or things you used to enjoy you may find this service useful
- This service is suitable for mums and dads

Counselling support services

Services offered

- Face to face counselling
- Support to access online programs such as Mum Mood Booster, with regular follow up
- Phone support
- Referral and liaison with other services



After hours service is available

Location of Service

- Services can be accessed at a number of sites across the Eastern and Northern region including Box Hill, Ashburton, Ringwood, Doncaster, Hawthorn, Kinglake and Wallan
- All referrals go via Carrington Health and referrals will be screened to ensure clients are referred to the appropriate level of care

Other community health services that are involved are:

- Nexus Primary Health
- Inspiro
- Access Health & Community
- Link Health & Community
- EACH
- healthAbility

Community Outreach Perinatal Support Service

What is it?

- The Community Outreach Perinatal Support Service (COPSS) is a counselling and support program offered to new and expectant parents who may be dealing with or at risk of, perinatal depression
- The service is offered across the Eastern and Northern regions of Melbourne
- The service provides a mix of face to face, online and digital support services based on your needs and preferences

How does the service work?

There are two different service streams:

1. SMS4Families is a free telephone messaging service for new and expectant parents

The messages provide information, encouragement and support, based on the developmental stage of your baby. Each parent will often get different messages. The service is being operated by the University of Newcastle as a research project and builds on the success of the SMS4Dads program

- The second stream provides counselling support services for parents at risk of, or experiencing perinatal depression

How to access the service

If you would like to find out more about the counselling support service or have any questions about the SMS4Families program.

Tel: (03) 9890 2220

Web: www.carringtonhealth.org.au

Fees

There is no cost for this service

Interpreters

If you need an interpreter, we will provide one for you free of charge.



Carrington Health receives funding from Australian and Victorian Governments

Carrington Health respectfully acknowledges the Wurundjeri People of the Kulin Nation as the traditional custodians of the land on which our work takes place. We pay our respects to their Elders, past, present and future, and commit to improving the health and wellbeing of Aboriginal people in our community.



How to find us

43 Carrington Road
Box Hill VIC 3128

Tel (03) 9890 2220

www.carringtonhealth.org.au

www.facebook.com/carringtonhealth

We are located close to Box Hill Train Station. Ample parking is available across the road at Box Hill Centro Shopping Centre.



This service is supported by funding from the Australian Government under the PHN Program.



Community Outreach Perinatal Support Service

Incorporating the
SMS4Families program

