

Maternity & Gynaecology CONTACT SHEET

Revised: 19 September 2016

Who can I call?

Please keep these phone numbers handy for when you go home

Your family doctor

Name:.....

Phone:.....

GP Access After Hours

1300 130 147

6pm – 8am Monday - Friday

1pm Saturday – 8am Monday
24 hours on public holidays

Kaleidoscope – The Children's Health Network, Child & Family Health Nursing

4924 2588

Central intake line for all appointments and information

Australian Breastfeeding Association

**1800 686 2 686
(1800 MUM 2 MUM)**

24-hr answering service
For e-mail counselling:
www.breastfeeding.asn.au

Health Direct Australia

1800 022 222

Free 24-hour telephone health advice line staffed by experienced registered nurses who provide immediate professional advice on how urgent a health concern is and what to do about it. They can connect you to an emergency service if necessary.

Hunter Mental Health Emergency Centre

1800 011 511

24-hour, seven day service

Pregnancy, Birth and Baby Helpline

1800 882 436

A free 24-hour national service for advice and information about pregnancy, birth and the first 12 months of a baby's life.

John Hunter Hospital Breastfeeding Clinic

4016 4595

Held at Hunter St, Newcastle West
Appointments essential

John Hunter Hospital Postnatal Ward

**4921 3970
or 4921 3977**

After-hours feeding and settling advice available from ward midwives in Ward K2.

Other useful numbers:

Karitane Helpline

**1300 227 464
or 1800 677 961**

MotherSafe

1800 647 848

A free service providing advice about medications or exposures during pregnancy and lactation. Call 9am – 4pm Monday-Friday.

Playgroup Association of NSW

1800 171 882

Poisons Information Centre

131 126

Tresillian Parents Helpline

1300 272 736

Family Planning NSW

1300 658 886

For information on contraception and postnatal checks

Kidsafe

02 9845 0890

Beyond Blue

1300 224 636

For information about anxiety and depression

*Maternity & Gynaecology,
John Hunter Hospital, September 2016*

M&G#706



Health
Hunter New England
Local Health District