

Maternity & Gynaecology CONTACT SHEET

Revised: 21st October 2019

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 Maternity Services

49214350

Please listen to the following options and select

Select 1: To change an antenatal appointment

Select 2: If you are in labour or experiencing postnatal complication

Select 3: If you require breastfeeding advice

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.

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

Panda

1300 726 306

National Perinatal anxiety and depression helpline

Cope

03 9376 6321

Providing support for the emotional challenges of becoming a new parent



Health
Hunter New England
Local Health District