

ForWhen

Guiding new and expecting parents to mental health care



National Perinatal & Infant Mental Health Support

WHO WE ARE

ForWhen is a new national perinatal and infant mental health care-navigation phone line. We connect parents experiencing moderate to severe perinatal mental health concerns to critical mental health services and supports.

Our state-based perinatal mental health clinical navigators have a deep understanding of the factors impacting parents and infants and can expertly triage and screen patients, recommending specific perinatal service and supports to meet their needs.

WHO WE SUPPORT



New and expecting parents, from conception until the child is 12 months of age, **with** mental health concerns



Health professionals requiring information on services and supports in their area

ForWhen



1300 24 23 22
Mon-Fri 9am-4.30pm



forwhenhelpline.org.au



@ForWhenHelpline



ForWhen acknowledges the Traditional and Continuing Owners of the land and waters of Australia, and pays its respects to Elders, past and present. We pay tribute to the wisdom, richness, diversity and resilience of First Nations peoples and cultures.



PARENTS WE HELP

- Are in the perinatal period who have or are at risk of mental health concerns that are affecting themselves and/or their relationship with their infant
- Require **new** perinatal mental health supports or services

Parents should be ready to receive support for their mental health and have consented to their referral.

Parents require access to a phone.

ForWhen is not a crisis service. For parents needing crisis support, please contact their local acute mental health service or 000 in an emergency.

The ForWhen model is a stepped care model which aligns with the PHN stepped care approach. Using the mental health IAR tool, our target group is finding suitable services for those in Levels 2-4.

HOW TO REFER

You can refer or your patients can self-refer simply by calling **1300 24 23 22** or use the **Contact Us** page on our website.

WHAT PARENTS SAY

"ForWhen was amazing at listening, understanding, and working with me to get the help I need and understanding the systems."

"Thank you - again - from the bottom of my heart for advocating for me. I just wouldn't have survived without that."

HELPFUL LINKS

[For Parents](#) – download information brochure and postcard.

[For Professionals](#) - download information brochure and postcard.

[Blogs for parents](#) - various blogs written by clinicians, including baby blues, pregnancy emotions, miscarriage and postnatal depression in men.