

Support Services and Information

Considering the topic of this research and the complexities related to pregnancies for some people, there is a possibility that you may encounter negative experiences such as infertility, pregnancy loss, child loss, or antenatal and postnatal depression during the course of your participation. While it is unlikely that any of these will occur, we have prepared a list of supports that you may wish to access. We will not be asking you specifically about these negative experiences. Please contact the Principal Researcher Dr Damien Riggs if you would like further information about support services via email (preferred):

contact@australianparentingstudy.com or phone: (08) 8201 2786.

	Infertility	Pregnancy loss	Child loss	Antenatal/postnatal depression
<p><i>Andrology Australia (The Australian Centre of Excellence in Male Reproductive Health. Funded by the Department of Health and administered by the School of Public Health and Preventive Medicine, Monash University)</i> Enquiries: 1300 303 878 info@andrologyaustralia.org Information about male infertility: https://www.andrologyaustralia.org/reproductive-problems/male-infertility/</p>	•			
<p><i>Angel Babies Foundation (infertility, pregnancy, and infant loss information and support)</i> Phone: 1300 283 238 About Angel Babies Foundation: https://www.facebook.com/pages/Angel-Babies-Foundation/143006315743483?sk=info</p>	•	•	•	
<p><i>Australian Infertility Support Group (online support group of people dealing with infertility and currently living in Australia and New Zealand)</i> Information: http://www.nor.com.au/community/aisg/who.htm</p>	•			
<p><i>Australia's National Infertility Network – AccessAustralia (for people who experience difficulties conceiving and their families)</i> Options for connecting: http://www.access.org.au/?p=206 Register as a member to access the forum: http://access.c-crm.org/forum/ Fact sheets: http://www.access.org.au/?p=297</p>	•			
<p><i>Bears of Hope (Pregnancy and Infant Loss Support)</i> Grief support via phone: 1300 11 HOPE Grief support via email: support@bearsofhope.org.au List of support services: http://www.bearsofhope.org.au/a/149.html Private online support groups: http://www.bearsofhope.org.au/a/151.html</p>		•	•	
<p><i>Beyond Blue (Anxiety and Depression)</i> Phone: 1300 22 4636 General support contact information: http://www.beyondblue.org.au/get-support/get-immediate-support Pregnancy and early parenthood information and resources: http://www.beyondblue.org.au/the-facts/pregnancy-and-early-parenthood http://www.beyondblue.org.au/resources/for-me/pregnancy-and-early-parenthood</p>				•

<p><i>The Fertility Society of Australia (for members of the community experiencing infertility as well as fertility-related professionals)</i> Pre-conception health lifestyle guides: http://www.fertilitysociety.com.au/home/special-interest-groups/pre-conception-health/preconception-health-factsheets/</p>	●			
<p><i>Lifeline (Crisis support and suicide prevention)</i> Telephone crisis support: 13 11 14 (24 hours) Crisis support chat (online) (7 days a week, 7pm-4am AEDT): https://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat</p>				●
<p><i>PANDA (Post and Antenatal Depression Association Inc.)</i> National Perinatal Depression Helpline: 1300 726 306 (Monday-Friday 10am-5pm AEST) Information about the helpline: http://www.panda.org.au/practical-information/25-what-can-i-expect-when-i-call Other support services: http://www.panda.org.au/practical-information/support-services/overview Fact sheets: http://www.panda.org.au/practical-information/panda-fact-sheets</p>				●
<p><i>Pregnancy Birth & Baby (provided on behalf of the Department of Health)(information, advice, and counselling about pregnancy, childbirth, and your baby's first year)</i> Helpline: 1800 882 436 (24/7 advice and support, counsellors available 7am-midnight AEST, free call from landlines) Information about the helpline: http://www.pregnancybirthbaby.org.au/pregnancy-birth-baby-helpline</p>		●	●	●
<p><i>Pregnancy Loss Australia (formerly the Teddy Love Club) (pregnancy and infant loss support)</i> Free Call Bereavement Support Line: 1800 824 240 South Australian branch sa@pregnancylossaustralia.org.au: http://www.teddyloveclub.org.au/index02.php?id=465 South Australian support group: http://www.teddyloveclub.org.au/index02.php?id=277&pl=270#sa Additional bereavement services: http://www.teddyloveclub.org.au/index02.php?id=270 Online bereavement support: http://www.teddyloveclub.org.au/index02.php?id=279</p>		●	●	
<p><i>Sands – Stillbirth and Newborn Death Support (includes miscarriage, neonatal death, stillbirth, ectopic pregnancy and genetic/medically advised termination)</i> Phone support: 1300 0 SANDS (1300 0 72637) (24 hour confidential telephone support) Support information: http://www.sands.org.au/index.php/find-support Support group meeting dates and other events (search for South Australia under 'Location'): http://www.sands.org.au/index.php/component/rseventspro/?ltemid=187 Sands South Australia: 0417 681 642 (administration) info@sandssa.org http://www.sands.org.au/index.php/in-your-area/south-australia</p>		●	●	

<p><i>SIDS and Kids (sudden infant death syndrome and child loss during pregnancy, infancy, and childhood)</i> Bereavement support line: 1300 308 307 (24 hour support line) Emergency crisis intervention counsellors (Adelaide): 1300 799 656 Additional bereavement support information: http://www.sidsandkids.org/bereavement-support/ SIDS and Kids SA: (08) 8369 01551 (office hours) adelaide@sidsandkids.org http://www.sidsandkids.org/offices/south-australia/ https://www.facebook.com/pages/SIDS-and-Kids-South-Australia/76684604846</p>		●	●	
<p><i>Stillbirth Foundation Australia (Research and Education to Prevent Stillbirth)</i> Guide to dealing with stillbirth: http://www.stillbirthfoundation.org.au/at-the-time-of-birth/ Birth registry for stillborn babies: http://www.stillbirthfoundation.org.au/birth-registry/</p>			●	
<p><i>Women's and Children's Health Network (WCHN) Parenting and Child Health</i> Parent Helpline: 1300 364 100 (local call cost within SA, 7 days a week) Information about the helpline: http://www.cyh.com/SubContent.aspx?p=102 Information about postnatal depression: http://www.cyh.sa.gov.au/HealthTopics/HealthTopicDetails.aspx?p=114&np=141&id=1537</p>				●
<p><i>Your Fertility (a guide to fertility and key factors affecting pregnancy and having a healthy baby. Program supported by funding from the Australian Government Department of Health and the Victorian Government Department of Health)</i> Information about fertility planning and infertility: http://yourfertility.org.au/</p>	●			
<p><i>Online support forums:</i> BellyBelly http://www.bellybelly.com.au/forums/ birth.com.au https://forum.birth.com.au/forum.php bubhub http://www.bubhub.com.au/community/forums/forum.php Essential Baby http://www.essentialbaby.com.au/forums/</p>	●	●	●	●