

Useful contacts

Perinatal Psychologists - West Adelaide

The Village Around Me - Glenelg

- Stephanie Loielo - <https://www.thevillagearoundme.com.au/#about>

SA Psychology & Wellness - Henley Beach

- Lidia Tagliabue - <https://sapsychologyandwellness.com.au/lidia-tagliabue/>

Trinity Medical Centre - Port Adelaide

- Dr Sarah Sutton - <https://www.trinitywestcare.com.au/>

Sonder Western Wellbeing Hub - Port Adelaide

- <https://sonder.net.au/programs/western-wellbeing/>

Online Perinatal Support

Mums Matter Psychology - Telehealth

- <https://www.mumsmatterpsychology.com>

Mums Space - Online Perinatal Support & Treatment

- <https://www.mumspace.com.au>

Useful Helplines

- **Panda National Helpline** [1300 726 306](tel:1300726306)
- **ForWhen** [1300 24 23 22](tel:1300242322)
- **Pregnancy Birth and Baby** [1800 882 436](tel:1800882436)
- **Lifeline (available 24/7)** [13 11 14](tel:131114)
- **Suicide Call Back Service (available 24/7)** [1300 659 467](tel:1300659467)
- **1800Respect (available 24/7)** [1800 737 732](tel:1800737732)
- **13Yarn (available 24/7)** [13 92 76](tel:139276)