

Which Healthcare Professionals attend SAFE START?

Hospital Midwives

- Provide support, care and information during pregnancy, labour and after birth.

Hospital and Community Social Workers

- Social Workers can help with safety issues, offer support and information and make referrals in the local community.

Substance Use in Pregnancy and Parenting Service (SUPPS)

- Offer treatment for women using drugs and alcohol during pregnancy.

Perinatal Infant Mental Health Service (PIMHS)

- PIMHS support parents, babies and families with a range of moderate to severe perinatal mental health conditions.

Child & Family Health Service

- C&FH specialise in infant and child development (0-5), parenting, feeding, settling etc.

Aboriginal Liaison Officer (ALO)

- Provides social, emotional, and cultural support to Aboriginal patients and can link them to other appropriate services.

Non-Government Organisations (NGO's)

- A range of agencies who offer support services to families such as counselling or parenting support.

What Happens to My Information?

All information that you provide will remain confidential except where there are concerns that you, your child or family are at risk of harm.

At your first appointment you should receive an Information Privacy Leaflet that explains how your personal information is used. If you do not receive this leaflet, please ask for it.

The more information you share with your health care team, the better care we can provide for you.



SAFE START Meetings are held at the following sites:

Bankstown Hospital – 9722 8000

Bowral Hospital – 4861 0186

Campbelltown Hospital – 4634 3000

Fairfield Hospital – 9616 3000

Liverpool Hospital – 9828 3000



What is **SAFE START** and how can it help?

What is SAFE START?



SAFE START is a process that helps to ensure new parents, their babies and families have access to the support they need during pregnancy and once they have had their baby.



Discussions at SAFE START meetings can help parents by:

- Arranging referrals to services such as family support services, counsellors, parenting services, Aboriginal family services.
- Arranging referrals to help with more complicated problems such as drug or alcohol use, mental health problems or domestic violence.
- Suggesting services for women who have a disability that might affect parenting.

What happens at SAFE START Meetings?

With your permission, healthcare professionals and professionals from other agencies will discuss the challenges you are facing and make suggestions to link you with the most appropriate services for your needs.

Unless there are any concerns about your safety or the safety of your baby you do not need to have your information discussed or accept any referral.

What support may be offered?

- Having someone to talk to if you are feeling sad, lonely or having trouble coping.
- Support with housing and financial issues. Supportive counselling around healthy and respectful relationships or family issues.
- Help with complex issues such as drug/alcohol use, mental health and domestic violence.
- Support services for young parents
- Grief and loss counselling
- Assistance with accessing parenting advice including feeding, sleeping, settling and behaviour issues.
- Information about support services in your area and how to meet other parents.

