

Levels of Care for Families

Eastern and South Eastern Sydney GP Referral Options

Providing support to families and intervening early around known vulnerabilities can improve health and psychosocial outcomes for families. The following chart identifies how to link families in with support services and suggests some referral options for GPs.

Level 1: Prevention

All Families:

No specific vulnerability factors



GP can fax referral to Registration Officer 1300 308 893 for:

- Maternity services and early childhood health services

GP can encourage families to use:

- **24 Hour Parent Help Lines** –
Tresilian 9787 0855, Karitane 97947852
- **Parentline** – (9.00-4:30pm) 132 055
- **Breastfeeding** – Lactation Consultant 9382 6341
- **Breastfeeding** –
Australian Breastfeeding Association Helpline 8853 4999
- **Playgroups**, eg. Playgroup Association 9604 5513
- **Parenting** –
Triple P (Positive Parenting), Bookings on 9522 1000
- **Child Care, Preschools, Libraries Information** –
Available at local councils.

Level 2: Prevention and Early Intervention

Vulnerability Factors:

- *Young (under 19 years)*
- *Unsupported parent*
- *Single, unsupported parent*
- *Late antenatal care*
- *Multiple birth*
- *Complicated birth*
- *Premature birth*
- *Child/parent with disability/chronic illness*
- *Adjustment to parenting issues*
- *Relationship issues*
- *Financial stress*
- *Unstable housing*
- *Partner unemployed*
- *Isolated – eg. geographic, no telephone*
- *Refugee, recent migrant, limited English*
- *Aboriginal people*



GP can fax referral to 1300 308 893 for:

- Maternity services – active follow up
- Child and Family Health – priority and active follow up

Refer families to any of the following relevant services:

- **Family Care Cottage and Day Stays** – Karitane 9399 6999
- **Family Support Services** –
Mascot (Delhi) 9667 4664, Bondi 9365 1607,
Botany 9666 5047, Randwick 9349 5725,
Woolloomooloo 9368 1381
- **Voluntary Home Visiting** –
Inner City Family Network – 9568 4600
Benevolent Society – 9339 8000
- **Adolescent Pregnancy Support** –
Australian Red Cross Young Women's Health Program
(Glen Mervyn) 9398 3519
Come In Youth Resource Centre - 93312691
- **Counselling Services** – Child and Family Health Teams
Broadway 9660 1888, POW 9382 8060, Waverly 9369 0400
- **Early Childhood Aboriginal Health Worker** – 9369 0425
- **Eastern Suburbs Multiple Birth Association** – 9558 9196
- **Disabilities Services Information** –
Early Childhood Intervention Info line 1300 65 68 65
- **Tumbatin Developmental Clinic** –
Diagnosis and assessment and support for children who
may have developmental disability or delay.
- **Cross cultural workers for maternity and early parenting**
Indonesian – 0410 517 254 (Tues – Thurs)
Arabic speaking – 0405 505 275 (Wed-Fri)
- **Migrant Resource Centre (Botany)** – 9663 3922
- **Aboriginal Maternal and Infant Health Service**
RHW - 93826783
- **Aboriginal Liaison Officer POW** 93822332
- **Aboriginal Medical Service** – 9319 5823

Levels of Care for Families

Sutherland GP Referral Options

Providing support to families and intervening early around known vulnerabilities can improve health and psychosocial outcomes for families. The following chart identifies how to link families in with support services and suggests some referral options for GPs.

Level 1: Prevention

All Families:

No specific vulnerability factors



GP can fax referral to Registration Officer 1300 308 893 for:

- Maternity services and early childhood health services

GP can encourage families to use:

- **24 Hour Parent Help Lines** –
Tresilian 9787 0855, Karitane 97947852
- **Breastfeeding Groups** –
Australian Breastfeeding Association 8853 4999
- **Lactation Consultant** –
Sutherland Hospital 9540 7111 (page 832)
- **Playgroups**, eg. Playgroup Association 9604 5513
- **Parenting** –
Triple P (Positive Parenting), Bookings on 9522 1000
- **Child Care, Preschools, Libraries Information** –
Sutherland Shire Council – 9710 0333
www.suthlib.nsw.gov.au – website provides information about community services

Level 2: Prevention and Early Intervention

Vulnerability Factors:

- *Young (under 19 years)*
- *Unsupported parent*
- *Single, unsupported parent*
- *Late antenatal care*
- *Multiple birth*
- *Complicated birth*
- *Premature birth*
- *Child/parent with disability/chronic illness*
- *Adjustment to parenting issues*
- *Relationship issues*
- *Financial stress*
- *Unstable housing*
- *Partner unemployed*
- *Isolated – eg. geographic, no telephone*
- *Refugee, recent migrant, limited English*
- *Aboriginal people*



GP can fax referral to 1300 308 893 for:

- Maternity services – active follow up
- Child and Family Health – priority and active follow up

Refer families to any of the following relevant services:

- **Perinatal Mental Health** – 9540 7663
- **Family Care Services** – Possum Cottage (day, stay, sleep, feeding, counselling, advice and information) 9540 7321
- **Whispers Cottage** –
Day stay, sleeping, settling, fees apply – 9528 4837
- **Counselling Services** – Child and Family Team
Sylvania 9522 1000, Engadine 9520 4644, Menai 9534 1111
- **Volunteer Home Visiting** –
Sutherland Family Network – 9544 7057
- **Family Support Service** – assistance with housing, finances, domestic violence, advocacy – 9528 2933
- **Pregnancy Help Line** – 1300 139 313
- **Relationship Counselling** –
Individual and couple counselling –
Interrelate 9545 3566, Centacare 9545 1233
- **Southern Community Welfare** – 9545 0299
- **Premature Babies Group** meets at Cronulla – 9523 5927
- **Young Parents Group** –
Engadine District Youth Services 9548 2734
- **Credit Line Financial Counselling Services** – 9951 5544
- **Southern Sydney Multiple Birth Association** – 9773 0302
- **Disabilities Services Information** –
Early Childhood Intervention Info line 1300 65 68 65
- **Cross Cultural Workers for Maternity and Early Parenting**
Indonesian – 0410 517 254 (Tues – Thurs)
Arabic speaking – 0405 505 275 (Wed-Fri)
- **Migrant Services** – GyMEA Community Aid and Information Services 9524 9559
- **Aboriginal Liaison Officer** – 0410 476 856

Levels of Care for Families

St George GP Referral Options

Providing support to families and intervening early around known vulnerabilities can improve health and psychosocial outcomes for families. The following chart identifies how to link families in with support services and suggests some referral options for GPs.

Level 1: Prevention

All Families:

No specific vulnerability factors



GP can fax referral to Registration Officer 1300 308 893 for:

- Maternity services and early childhood health services

GP can inform parents about the following:

- **24 Hour Parent Help Lines** – Tresilian 9787 0855, Karitane 97947852
- **Breastfeeding** – Australian Breastfeeding Association 8853 4999
- **Lactation Consultant** – St George Hospital 9350 1111 (page 181)
- **Playgroups** – eg. Playgroup Association 9604 5513
- **Parenting** – Triple P (Positive Parenting) booking 9350 3999
- **Child Care, Preschools, Libraries, Other Services & Groups** – Hurstville Council 9330 6222, Rockdale Council 9562 1666, Kogarah Council 9330 9400

Level 2: Prevention and Early Intervention

Vulnerability Factors:

- Young (under 19 years)
- Unsupported parent
- Single, unsupported parent
- Late antenatal care
- Multiple birth
- Complicated birth
- Premature birth
- Child/parent with disability/chronic illness
- Adjustment to parenting issues
- Relationship issues
- Financial stress
- Unstable housing
- Partner unemployed
- Isolated – eg. geographic, no telephone
- Refugee, recent migrant, limited English
- Aboriginal people



GP can fax referral to 1300 308 893 for:

- Maternity services – active follow up
- Child and Family Health – priority and active follow up

Refer families to any of the following relevant services:

- **Volunteer Home Visiting Services** – St George Family Network 9580 9856
- **Day Stay** – Possum Cottage 9540 7321, Whispers Cottage (private service) 9528 4837
- **Backstop Family Support Service** – Parenting groups, community information, young mothers court support 9553 9100
- **Young Parents** – Support advice, referral 9580 8008
- **Counselling Services** – Child Youth and Family Team 9567 6500
- **Community Health Intake** – Speech therapy, hearing service, continence clinic, podiatry 9350 3999
- **Disability Assessment** – Diagnostic and Assessment Team provides diagnosis, assessment and support of physical and developmental disabilities 9587 2444
- **Disabilities Services Information** – Early Childhood Intervention Info line 1300 65 68 65
- **Learning Links** – Assists children who have learning difficulties 9534 1710
- **Multiple Births** – Southern Sydney Multiple Birth Association 9773 0302
- **Aboriginal Liaison Officer** – 0410 476 856
- **Cross Cultural Workers for Maternity and Early Parenting** Indonesian – 0410 517 254 (Tues – Thurs) Arabic speaking – 0405 505 275 (Wed-Fri)
- **Migrant Resource Centre** – Rockdale 9597 5455

