

Healthy Mothers, Healthy Babies

COMMUNITY HEALTH



If you have any English Language difficulties, please ask staff to book an interpreter. From home contact the **free** Telephone Interpreter Services on **03 9605 3056**. Ask staff if this information is available in your preferred language.



The Healthy Mothers, Healthy Babies service is a community based outreach service providing support to pregnant women in Yarra Valley.



The Healthy Mothers, Healthy Babies team is made up of family support workers and a midwife, and can provide individualised psychosocial support to women during their pregnancy and up to 6 weeks after birth.

The Healthy Mothers, Healthy Babies program aims to improve the health and wellbeing of mothers and babies by making connection with prenatal care and other community supports.

We can help by working together with you to:



- better understand your individual circumstances and what support would benefit you and your baby
- help women under financial stress to access free or low cost material items, e.g. food, transport and baby clothing and equipment
- improve access to maternity services
- support you to engage with other community services and supports
- provide advocacy and support regarding pregnancy related health issues

Referral Information:

- No GP or Maternity Service referral is needed
- Self-referrals are accepted
- This is a free service for women who are eligible

Who is eligible for this service?

Pregnant women living in the Yarra Valley community who would benefit from additional support during their pregnancy for a variety of reasons, including:

- ✓ Social isolation
- ✓ Financial stress
- ✓ Housing issues
- ✓ Complex health issues
- ✓ Difficulty engaging with maternity services

You are welcome to ring our service and speak with one of our clinicians to find out whether our service will be helpful for you.

Our Location:

Healesville Hospital & Yarra Valley Health

377 Maroondah Hwy, HEALESVILLE 3777

- Bus Stop (cnr Eadie Ave & Maroondah Hwy)
- Free car parking onsite

Our clinicians are often able to meet with you in your home or at other locations within the community.

Referrals can be made as follows:

Phone: 1300 130 381 Option 4

Email: communityhealth@easternhealth.org.au

Business hours:

Monday-Friday / 9.00am to 4.30pm

<https://www.easternhealth.org.au/locations/healesville-hospital-and-yarra-valley-health>



If you have any feedback or suggestions on how to improve this information sheet, please contact brochure.request@easternhealth.org.au