

BANANA SHIRE NEW PARENTS QUICK-FIND DIRECTORY

CRISIS - 24 HOUR HELP LINES

Emergency	000
13 Health (ask for Child Health Nurse)	13 43 25 84
Poisons Information Centre	131 126
Australian Breastfeeding Association	1800 mum2mum
Domestic and Family Violence	1800 811 811
Sane Australia Mental Health Helpline	1800 187 263
Lifeline	13 11 14

ADVICE, INFORMATION AND SUPPORT

Biloela Child and Family Health Services	(07) 4995 6900
Biloela Hospital	(07) 4992 7000
Australian Multiple Births Association	1300 886 499
Parentline (8am-10pm)	1300 301 300
Relationships Australia	1300 364 277
Child Care Access Hotline	1800 670 305
Alcohol and Drug Information Services (ADIS)	1800 177 833
Beyond Blue	1300 224 636
Playgroup Qld	1800 171 882
Your local GP
http://raisingchildren.net.au	