

ROUTINE PREGNANCY CARE OPTIONS

- Endorsed Midwife Care Program, Gateway Health.
- Endorsed Midwife, Albury Wodonga Aboriginal Health Service.
- Private Endorsed Midwife Services.
- Homebirth Midwife (Your Birth Midwifery).
- Midwife shared care via some Medical Practices, such as Yackandandah.
- Midwife Care Program, Albury Wodonga Health.
- Maternity Newborn Services, Alpine Shire.
- General Practitioner shared care.
- General Practitioner Obstetrician care.
- Obstetrician care.

PREGNANCY SUPPORT OPTIONS

- Healthy Mothers Healthy Babies Program, Gateway Health.
- Parent Education and Young Mum's Program, Gateway Health.
- Koori Maternity Service, Mungabareena.
- Maternity Social Workers, Albury Wodonga Health.
- Maternal and Child Health Nurse (Vic).
- Junction Support Services, Young Mums Unit.
- Clinic 35, Gateway Health (termination options).

PERINATAL EMOTIONAL HEALTH WEBSITES

- **Panda:** panda.org.au
- **COPE:** cope.org.au/readytocope
- **Mum Space:** mumspace.com.au
- **Someone Health:** someone.health
- **Beyond Blue:** beyondblue.org.au
- **For When Helpline:** forwhenhelpline.org.au

BIRTHING OPTIONS

- Homebirth Midwife (Your Birth Midwifery).
- Albury Wodonga Health.
- North East Health Wangaratta.

EMERGENCY PREGNANCY CARE OPTIONS

- Albury Wodonga Health 02 6051 7250.
- North East Health Wangaratta 03 5722 5225.

AFTER BABY'S ARRIVAL

- **DAY 3-10** – Home visit from hospital Midwife. Referral to Lactation Consultant if required.
- **DAY 6-12** – Home visit from Maternal Child Health Nurse.
- **WEEK 3** – Midwife or GP appointment. Consider Parents and Babies Service (Tresillian, Albury Wodonga Health).
- **WEEK 4** – Maternal Child Health Nurse appointment (Vic).
- **WEEK 6** – Midwife or GP appointment (women's health, family planning and baby check/immunisations).
- **WEEK 8** – Maternal Child Health Nurse appointment.

