



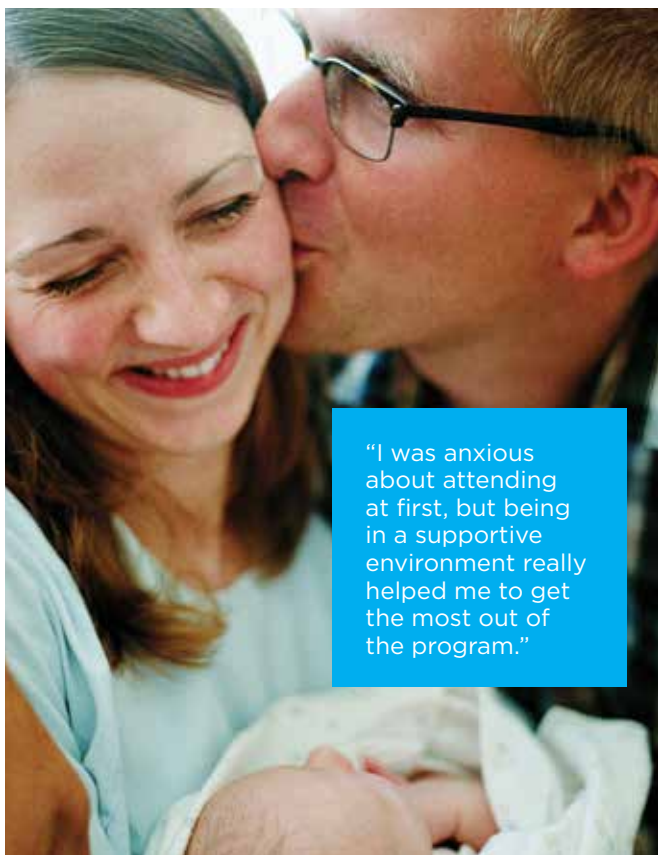
**PARENT AND BABY
WELLBEING PROGRAM**

**LOOKING
AFTER
YOU AND
BABY**

ADJUSTING TO PARENTHOOD

Becoming a parent is a life-changing experience. There can be significant physical, emotional, social, and financial changes for you and your family. It's a time of adjustment, especially if you've become a parent for the first time.

Planning for these changes and finding out about services that can support you during this time may help your transition into parenthood.



“I was anxious about attending at first, but being in a supportive environment really helped me to get the most out of the program.”

OUR PARENT AND BABY WELLBEING PROGRAM

We've partnered with the Parent-Infant Research Institute (PIRI) to bring you our Parent and Baby Wellbeing Program. This program offers a range of support services for expectant and new parents who may be feeling overwhelmed or struggling to cope.

How we can help

We can provide extra support if you are experiencing difficulties with any of the following:

- worrying about becoming a parent
- worrying about your baby
- not feeling bonded to your baby
- feeling depressed, anxious or struggling to cope
- coping with a premature birth.

How the program works

The Parent and Baby Wellbeing Program gives you access to PIRI's valuable services including:

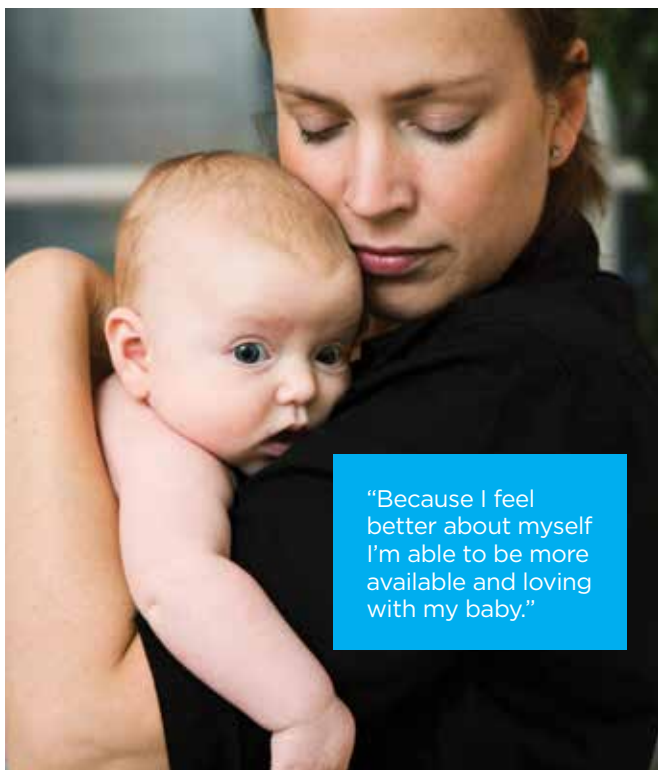
- confidential consultation and support over the phone or email
- identification of depression and/or anxiety to help provide the right care for you
- personalised follow-up support — including group programs and sessions for parents and baby where available.

If you have hospital or hospital and extras cover with Bupa, these services are fully covered as part of your membership.

ABOUT PIRI

The Parent-Infant Research Institute (PIRI) is an innovative Australian research organisation focusing on understanding, developing and applying treatments to improve parent and infant wellbeing. PIRI is Victoria's largest research centre for perinatal depression and is committed to helping parents and babies through early parenthood.

With the Parent and Baby Wellbeing Program, PIRI provides valuable support to Bupa members. It's part of our shared commitment to taking care of young families in our community.



“Because I feel better about myself I’m able to be more available and loving with my baby.”

HOW TO ACCESS THE PROGRAM

1. Taking the first step

If you would like additional support or just feel that something is not quite right, you can call the friendly PIRI team on **1300 360 913** or email **piri@austin.org.au**.

2. Confidential support


You'll be able to speak confidentially with an experienced professional about what you're going through and how you're feeling.

3. Ongoing treatment

A few phone calls or emails may be all you need. But if you need further support, you may be invited to attend a session in person or linked to a local psychologist, where you may be assessed for ongoing, personalised care (eg face-to-face counselling sessions, group programs, or sessions for you and your baby).



PARENT-INFANT RESEARCH INSTITUTE (PIRI):

 **1300 360 913**

 **piri@austin.org.au**

 **piri.org.au**

 **Connect with PIRI on Facebook and Twitter by searching for Parent-Infant Research Institute.**

Please note that PIRI operates within business hours 9am – 5pm, Monday to Friday AEST by appointment. If you require urgent assistance please contact your GP, child and family health nurse, or an alternative crisis support service listed at piri.org.au.



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The World of Bupa

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