

How to make contact

The Seeds of Recovery program operates from St Luke's Anglicare, 32 Forest Street, Bendigo. You can contact us on ph 5448 1100

Other useful contacts:

After Hours Maternal and Child Health
13 22 29

Parentline
13 22 89

Lifeline
13 11 14 (24 hrs)

Bendigo Psychiatric Services
Regional Triage (24 hrs)
1300 363 788

Commonwealth Carelink
TM Freecall
1800 052 222

Post & Ante Natal Depression Association (PaNDa)
(03) 9481 3377
1800 130 026 (country callers)

www.beyondblue.org.au

www.stlukes.org.au

More information from:

St Luke's Anglicare
Head Office (Bendigo)
175-187 Hargreaves St Bendigo
PO Box 315 Bendigo VIC 3552
Phone (03) 5440-1100
Fax (03) 5440-1108
Email info@stlukes.org.au

St John of God Hospital, Bendigo
PO Box 478, Lily St Bendigo 3552
Ph. (03) 5434-3434
www.sjog.org.au/bendigo
Email info.bendigo@sjog.org.au
Hospitality Compassion Respect
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**Seeds
of Recovery**

A program for women
with postnatal depression



Seeds of Recovery



**A support program
to help heal the
pain of postnatal
depression**

A joint initiative of
St Luke's Anglicare Bendigo
and
St John of God Hospital, Bendigo



RESPECT | HOPE | FAIRNESS



What is Seeds of Recovery?

Seeds of Recovery is a unique rehabilitation program supporting people in the City of Greater Bendigo and run as a joint initiative between St Luke's Anglicare and St John of God Hospital, Bendigo. It delivers valuable support to women suffering postnatal depression and their families.

Postnatal depression is the most prevalent mood disorder associated with childbirth and affects up to 15 per cent of childbearing women. The symptoms can be distressing and can have long term consequences for the entire family.

The good news is it can be helped with support and treatment.



How can Seeds of Recovery help?

Our program helps boost the capacity of women and their families to cope with post natal depression and anxiety by:

- Raising awareness about the symptoms.
- Building on existing skills for self care and growth.
- Assisting with parenting skills development.
- Supporting families to understand the needs of sufferers.
- Providing access to community resources.
- Increasing social networks and community connections.

What services does Seeds of Recovery offer?

Our Seeds of Recovery workers deliver a range of support services including:

- Flexible in-home support.
- Group programs for women.
- Group programs for partners.
- Parenting skills program.
- One-on-one assistance.

What is our Mission?

St Luke's Anglicare and St John of God Hospital, Bendigo are working together to empower local families facing the pressures associated with post-natal depression.

Through one-on-one and group-based initiatives we support women and families to understand the symptoms and experience of clinical depression and stand by them throughout the healing process.

Both organisations are committed to giving people a reason for hope and making a positive difference.

How can I access Seeds to Recovery?

You can access Seeds of Recovery if:

- You are experiencing symptoms of postnatal depression;
- OR Your partner is experiencing symptoms of postnatal depression;
- OR You are case managed by a Bendigo area mental health service, a general practitioner or a private psychiatrist;
and
- You reside within the City of Greater Bendigo
- You are at least 16 years of age.
- You have a desire to participate in the program.