



## When is it helpful?

Pregnancy support counselling can be beneficial for:

- Making informed decisions about the pregnancy.
- Processing unexpected outcomes (e.g., pregnancy loss).
- Navigating emotions related to pregnancy, childbirth, or early parenting.
- Discussing pregnancy issues with family or community members.



## Medicare support

Differences from mental health Medicare items:

Pregnancy support counselling is distinct from traditional mental health services as it does not specifically address mental health disorders. It allows for three Medicare rebated sessions, whereas ongoing mental health support may be available through different Medicare pathways. Social Workers can also help connect women with other necessary services, such as medical or social support.



## Contact us

Please contact us to discuss our fee schedule, bookings & enquiries.

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# Pregnancy support counselling





# What is pregnancy support counselling?

Pregnancy support counselling provides a confidential and supportive environment for women to explore pregnancy-related concerns. Social Workers trained in this field employ non-directive techniques and offer valuable information and resources tailored to each individual's needs.



*"Your journey, our support"*

## Eligibility

Women who are currently pregnant or have been pregnant in the past year and have concerns about their experiences can access this service. Partners are welcome to join the sessions if appropriate.

## How to access

To initiate counselling, a GP must evaluate the woman's situation and provide a referral, which can simply be a note. The Social Worker must be registered to provide this specific Medicare service.



*"Create a connection through counselling"*



## Medicare

Medicare Item 81005 (in-person) or Item 93026 (tele health) offers pregnancy support counselling for women navigating personal challenges related to a current or recent pregnancy (within the past 12 months). Support is also available for women who have experienced loss or an unexpected pregnancy outcome.

