

**Becoming a
parent is not
always easy**

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Having a baby is a life-changing event. While it is usually a happy one, sometimes the change in life can be difficult for new parents.

St John of God Langmore Centre's specialist Perinatal Mental Health Unit offers inpatient and outpatient services to care for new parents, allowing them to bond, learn new skills and coping techniques, all under the guidance of our experienced clinical team.

For more information:

www.sjog.org.au/langmorecentre
or call 9773 7000

Referrals:

Fax to 9773 7055 or email
langmore-intake@sjog.org.au



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