



Tresillian®

It's in our nature to nurture

SOCIAL IMPACT 2019



THE ARRIVAL OF A NEW BABY is mostly a time of great joy but for some it can be a difficult time, and impact their confidence and capacity to parent. Tresillian's evidence-based service model supports families with complex issues through the early parenting period. An unsettled baby leading to parental exhaustion and distress, breastfeeding problems, poor toddler behaviour along with postnatal depression and anxiety are some of the reasons parents turn to Tresillian for support.

 **31,000**

PARENT'S HELP LINE & ONLINE SERVICES

 **16,100**

ACCESSED PSYCHOLOGY HELP

 **12,800**

CENTRE BASED & HOME BASED CONSULTATIONS

ALMOST

60,000



4 METROPOLITAN SYDNEY FAMILY CARE CENTRES

SUPPORTED



10 REGIONAL NSW & VICTORIA FAMILY CARE CENTRES

Feedback from Parents

"We had been struggling to settle our baby and left Tresillian confident we could survive life with a newborn".

"Thankyou to the Nurse who provided me with great information about self-settling and some tips to follow with my baby".

"I have learnt a huge amount about my child this week and now have strategies to help support her. Tresillian changed our lives"!

How Tresillian Helps



UNSETTLED BABY/PARENTAL EXHAUSTION

ADJUSTMENT TO PARENTHOOD

PERI-NATAL ANXIETY & DEPRESSION

BREASTFEEDING/FEEDING SUPPORT

Top 3 Health Outcomes

1

Increased parental confidence through gentle guidance and education

2

Reduction in peri-natal anxiety, isolation and depression

3

Improvement in the overall family's emotional wellbeing

tresillian.org.au



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