



Tresillian®

It's in our nature to nurture

SOCIAL IMPACT 2020



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.

Feedback from Parents

"I could not have done this without the support, wisdom & kindness of the wonderful staff. Thank you for restoring my sanity!"

"Very helpful and reassuring advice! I like how the information is given in a general sense and doesn't imply that one way is the only way. Inclusive and supportive. It's put my mind at ease!"

"Thankyou so much for all your hard work, support and guidance. I'm so grateful for all you have taught me and for all the confidence I have gained. We cannot believe the amazing changes in our little girl."

80,676



Services for Parents at Tresillian Centres

Total Activity in Day Services, 4-night/5-day Residential Stays, Tresillian's Parent's Help Line



52,766

NURSING INTERVENTIONS & GROUP PROGRAMS



19,968

PSYCHOLOGY & SOCIAL WORKER INTERVENTIONS & GROUP PROGRAMS



7,942

ACCESSED RESIDENTIAL PROGRAMS



60K+

SOCIAL MEDIA Highly engaged communities

660,000



DIGITAL RESOURCES

Traffic to tresillian.org.au

OVER

20,000

DOWNLOADS OF SleepWellBaby App Powered by Tresillian

9 REGIONAL NSW & VICTORIA FAMILY CARE SERVICES

4 METROPOLITAN SYDNEY FAMILY CARE CENTRES

1 METROPOLITAN ACT FAMILY CARE CENTRE

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

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