

Bub Hub Quick List of Useful Numbers for Parents

Emergency

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Parent Help Line

7:15am-9:15pm, 7 days/week

1300 364 100

healthdirect Australia (24 hr) pregnancy, birth & baby line

1800 022 222

1800 882 436

Medicines Line

1300 MEDICINE

1300 633 424

Pregnancy Support

1300 655 156

ABA (24 hour helpline)

1800 6862 686

Kidsafe SA

08 8161 6318

Poisons Info Centre (24 hr)

13 11 26

SIDS & Kids

1300 308 307

Playgroup Australia

1800 171 882

Your Local Information

Doctor: _____

Police: _____

Fire Brigade: _____

Hospital: _____

Maternal & Child Health Ctr: _____

Playgroup: _____

Others: _____



www.bubhub.com.au
pregnancy, parenting and beyond

