

# SMS4Families

info for new mums and dads

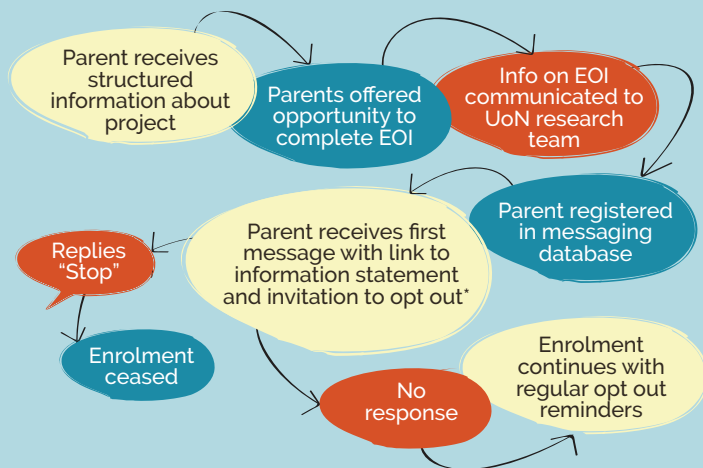


MESSAGES  
JUST FOR HIM

MESSAGES  
JUST FOR HER

**Info ON THE GO for parents...**  
Receive texts straight to your phone

## THE OPT OUT RECRUITMENT PROCESS



ACCESS  
Health & Community



each

This service is supported by funding from the Australian Government under the PHN Program



Carrington  
Health  
Your Community Partner



phn  
EASTERN MELBOURNE

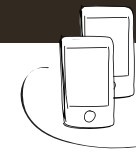
An Australian Government Initiative

Becoming a parent can bring  
up new relationship stuff

*The tips helped us to work through  
our different ideas about parenting*

*The texts reminded me  
that stuff we were going  
through was normal*

*They helped me encourage  
and support my partner*



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**REAL & RELEVANT**

TIPS, INFO & SUPPORT

NO COST INFO  
& LINKS TO  
PRACTICAL TIPS

What's to know  
about baby  
crying?

How do you play  
with young babies?

How are you  
coping with all  
this change?

What do I say  
to my partner  
when...?

**CALL 03 9890 2220**  
OR VISIT [carringtonhealth.org.au/copss](http://carringtonhealth.org.au/copss)

## WHAT IS SMS4FAMILIES?

**SMS4Families** is a free telephone messaging service for parents-to-be and new parents. Messages provide information, encouragement and support, based on the developmental stage of your baby

Messages can start from 20 weeks into the pregnancy, and continue through to 12 months after birth, with a maximum of 40 weeks of messages. **FOR EXAMPLE...**  
If a parent starts getting messages at 20 weeks pregnant they will stop 20 weeks after their baby is born

EACH PARENT WILL OFTEN  
GET DIFFERENT MESSAGES



*Tailor-made  
messages for mums*



*Unique & relevant  
messages for dads*

## WHAT ARE THE BENEFITS4ME?

**SMS4Families** is part of a larger program being offered to all parents in the Northern and Eastern regions of Melbourne – the Community Outreach Perinatal Support Service (COPSS). COPSS programs offer additional online and face-to-face support for parents who may be dealing with, or at risk of, perinatal depression

Some of the SMS4Families messages ask parents to reply to questions about their mood. While it is not mandatory to respond, if you do respond and indicate that you are having some problems, you will be given the option to be referred on to a local community health service for additional support options. You don't have to accept these options, and you can still get the messages from SMS4Families. The COPSS Program is managed by Carrington Health

## WHO SENDS THE MESSAGES?

The University of Newcastle is offering the SMS4Families program, building on similar programs that have been run before – SMS4Dads and SMS4dads&mums. A research team at the University are responsible for ensuring messages are sent out to all parents who enrol in the program

This is a research study and some messages will contain links to questionnaires. The surveys are not mandatory – you will keep getting messages if the surveys aren't done or are incomplete. The first message in the SMS4Families program contains a link to further information about the study

## WHAT ARE THE RISKS?

Some participants may find information in the messages, links or surveys distressing or challenging. Accessing links will potentially bring financial costs to participants. Participants are advised to monitor their smartphone data

## WHO CAN SIGN UP?

Both mums and dads (*or mums and dads to be*) can sign up. Participants need to be over the age of 18. If both parents do not wish to participate then one can participate on their own. Parents will not be informed by investigators or service providers about the status of their partner's participation. Messages are only available in English at this stage



## HOW DO I JOIN UP?

To enrol in the **SMS4Families** program, go to [www.carringtonhealth.org.au/copss](http://www.carringtonhealth.org.au/copss)

Complete an Expression of Interest form and Carrington Health will forward your information to The University of Newcastle for messaging and research purposes. Alternatively you can phone Carrington Health on **9890 2220** and ask to speak to the COPSS Coordinator. They will help you sign up to the program

Your GP or health service provider may have copies of the Expression of Interest form that you can send back to Carrington Health

**FOR FURTHER INFORMATION** you can also contact the chief investigator Associate Professor Richard Fletcher on (02) 49216401 or [Richard.Fletcher@newcastle.edu.au](mailto:Richard.Fletcher@newcastle.edu.au)

## WHAT IF I WANT TO STOP THE MESSAGES?

Many of the messages include an "opt out" option. If you wish to opt out you can just reply "Stop" to any of the messages

## IS THERE A COST?

There is no cost for this service but you may incur costs when accessing links in the messages