

## Guideline for Referrers (website)

### Eligibility for referral to Mum for Mum

Our organisation supports mothers either in the third trimester of pregnancy or the first year of their baby's life. Most of those eligible for our program are identified as being vulnerable due to isolation, a history of anxiety and depression, or physical health challenges.

We are not case workers and not equipped to support mothers who are:

- Substance abusing
- Currently experiencing domestic violence which may put the volunteer at risk, or be outside their ability to offer emotional support
- Suffering from mental illness other than depression or anxiety
- Experiencing extremely challenging circumstances, unless they are concurrently well-supported by professionals and/or agencies
- Active Child Protection issues.

We can only assist mothers who live within reasonable driving distance from available volunteers. This is assessed on a case-by-case basis. Areas supported may include the Eastern Suburbs, Inner West, North Shore, and Northern Beaches.

### New Mothers' Terms of Participation

Please read the [Terms of Participation](#), as these outline what we do and don't do. The recipient's mother is asked to sign Terms of Participation. Please email [contact@mumformum.org.au](mailto:contact@mumformum.org.au) if you would like us to send you a copy.

### What we do

Volunteers visit mothers once a week during the first year of their baby's life to provide emotional support. The role of the volunteer is to listen, witness, and reassure the recipient mother, be a companion, confidant, and role model, and to provide a sounding-board for the mother. Our role is NOT to give advice or take the place of a professional.

### Volunteer Training and Supervision

A Key to Mum for Mum's success is the emphasis on ongoing training, supervision and peer support of our volunteers. Our focus is around healthy relationships and empowering mums to find their voice and make the best decisions for themselves and their baby.

### Volunteer checks and vaccination

All volunteers undergo Police and Working with Children checks. Most are fully vaccinated against COVID-19 and whooping cough. All our volunteers are mothers themselves, and a large number are tertiary educated.