

Contacting the Midwifery Navigator

The Midwifery Navigator service can be contacted Monday to Friday, 8am to 4.30pm.

Phone: (07) 4433 5083

Mobile: 0436 697 149

Email:

THHS-NurseNavigators@health.qld.gov.au

If you are worried or something is very urgent please call your GP or visit the hospital emergency department.

In an emergency situation, please call 000.

The Townsville Hospital
Townsville Hospital and Health Service
PO Box 670, Townsville Qld 4810
Ph: 07 4433 1111

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Townsville
Hospital
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Service



Midwifery Navigator Service

A guide for patients and families of the
Townsville Hospital and Health Service



Navigator role

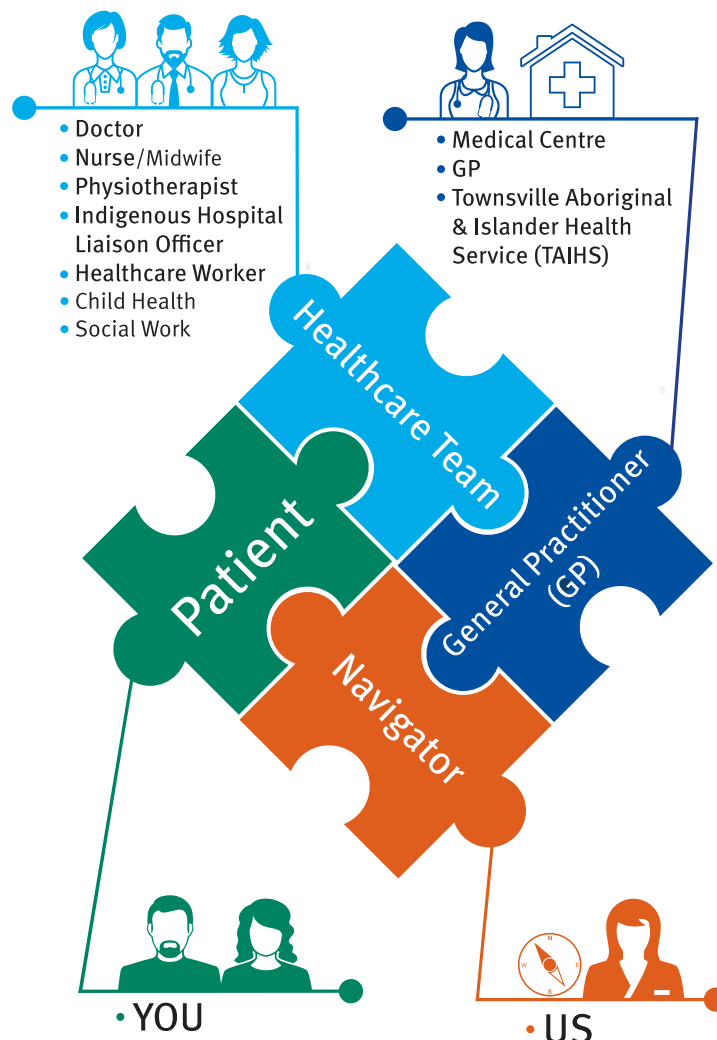
A Midwifery Navigator is a Midwife with knowledge and understanding of the healthcare system.

Your healthcare can be like a jigsaw puzzle and you can often feel as if there are pieces of the puzzle missing.



The Midwifery Navigator can work with you to bring all of the pieces of your puzzle together, and make your journey through maternity services more streamlined.

The Midwifery Navigator can work with you and your family/caregivers as well as your General Practitioner (GP) to make a plan for all your pregnancy care before and after your baby is born.



Navigator Service

When the Midwifery Navigator meets with you, they will talk to you to find out how we can help you.

- Do you need advice regarding drug and alcohol use?
- Do you have a mental health condition or chronic illness?
- Are you a young person expecting a baby?
- Do you find it difficult to understand what is happening regarding your pregnancy?
- Do you have lots of tests and appointments, what are they for?
- Would it help you to have someone you can call?

The Midwifery Navigator can make a plan with you to fit all pieces of the puzzle together and help you to look after yourself and your baby throughout your pregnancy and beyond.