



# Free digital resource for parents 25 and under in South Western Sydney



## 24/7 support for you and your baby

Nurses, wellbeing experts, and psychologists are available 24/7 to give you confidential advice and support for you, your family and child.



## Real-time, location-based safety features

Whether you're out and about or somewhere familiar that doesn't feel right, Sonder is available to make sure you are safe. Sonder's suite of unique safety features ensures that you are looked after when you need us most.



## Access to the Sonder wellbeing library

Browse hundreds of helpful articles, videos, and advice to support you on your wellbeing journey. Whether it's managing a new-born, anxiety or a health concern, Sonder has an article to help you.



## Your trusted guide through the journey of parenthood

Alongside our partners, Karitane and Uniting, Sonder is part of Village Connect, a hub for parents. Self-referrals to Village Connect can be made via the Sonder app, or by starting a chat with the Sonder team.

# Live chat or call with a nurse at any time

## Popular help topics

Start a live chat, call or discover helpful resources across these common topics:

- Baby health
- Your mental health
- Support for new parents
- Sleep and settling
- Pregnancy support
- Family and relationships and much more.

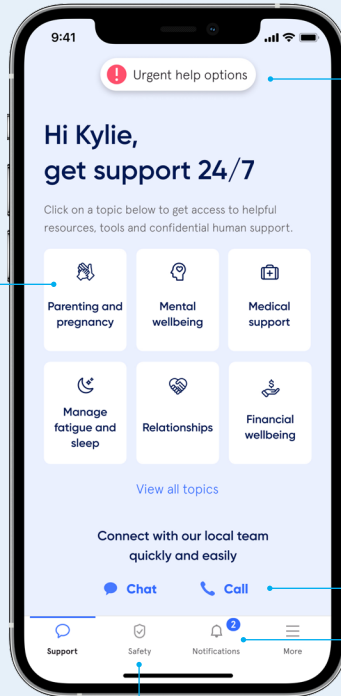
## Wellbeing assessments

Our quick and easy questionnaires will allow you to reflect on your wellbeing and overall health.

## Track my journey

Feel safe and secure on your way from A to B, walking in the dark, meeting someone new or in an unfamiliar area.

**Sonder is available for parents aged 25 and under who are pregnant and/or have a child living in South Western Sydney.**



## 24/7 help alert

Instantly connect with Sonder safety specialists or emergency services if you're in an unsafe situation.

## Live chat or call 24/7

Connect with nurses, midwives, psychologists and wellbeing experts directly about anything on your mind.

## Notifications hub

Sonder always scans your local environment for events that might impact your safety, such as traffic accidents, severe weather or criminal incidents.

## Check on me

Use Sonder's Check on me feature and Sonder's safety specialists will check on your safety at the time you schedule and be available to support if/when you need it.

**Scan here to register for your free Sonder account**

