

## STRENGTHENING THE FAMILY TOGETHTER

*Frühe* **HILFEN** 

Please contact us

 [www.fruehehilfen.at](http://www.fruehehilfen.at)



## Family support

For expectant parents and families with  
children from the age of 0–3 years old

### Family support helps

Living with a child brings a lot of joy, but sometimes can also be confusing and overwhelming.

- » unexpected changes occur during pregnancy
- » there is little support from the partner or other family members
- » the child needs more attention than you feel you can give
- » there is not enough money anymore
- » a family member experiences psychological or mental problems
- » the daily life of the family becomes difficult

### Finding the right help

Family support assists you and your family for free to get the right help:

From personal counselling to assistance with official channels (authorities), up to guidance and support with nursing, care and education for your child

Gesundheit Österreich  
GmbH 

**Impressum:** Gesundheit Österreich GmbH (GÖG),  
Nationales Zentrum Frühe Hilfen, Stubenring 6, 1010 Wien

Foto: © NZFH.at, Bruckmüller