

Media Release

MotherSafe celebrates its 25th anniversary

Tuesday, 18 March 2025

The outstanding and compassionate care provided by MotherSafe to hundreds of thousands of NSW families is today being celebrated, as the service marks its 25th anniversary.

Minister for Health Ryan Park extended his gratitude to MotherSafe staff for their important role in providing evidence-based information and counselling about exposures during pregnancy and breastfeeding, including prescription drugs, over-the-counter medications, street drugs, infections, radiation and occupational exposures.

The free, comprehensive telephone and face-to-face counselling service has received more than 400,000 calls over the last 25 years, from women and healthcare providers seeking health advice through pre-conception, pregnancy and breastfeeding.

The service was expanded in 2022 to provide specialist support to pregnant women experiencing severe effects of nausea and vomiting of pregnancy and hyperemesis gravidarum, which are the main causes of hospitalisation in the first half of pregnancy.

Hyperemesis gravidarum is a condition that causes severe nausea and vomiting during pregnancy for around 1 in 100 women during pregnancy.

Women living with hyperemesis gravidarum during pregnancy are often so sick they can't go to work, care for themselves or someone else.

Through MotherSafe, women with hyperemesis gravidarum are assessed for the severity of their symptoms and given evidence-based information regarding available treatments to help manage their symptoms.

The expanded service has been particularly important for women living outside of metropolitan Sydney or who may be too unwell to travel, to access tailored advice from a MotherSafe consultant.

Women, families and healthcare professionals can contact a MotherSafe consultant by calling **1800 647 848**, or [visit the MotherSafe website](#) to access a range of factsheets.

Quotes attributable to Minister for Health, Ryan Park:

"Preconception, pregnancy and breastfeeding are crucial times for the health of women and babies. Having access to clear, evidence-based advice on medications and other exposures is critically important for expectant and new mums."

"I want to thank the many dedicated MotherSafe staff who have helped hundreds of thousands of NSW women give their babies the very best start to life."

“Hyperemesis gravidarum is the number one cause for hospitalisation in the first half of pregnancy. MotherSafe has helped many women manage the significant physical symptoms and emotional distress that comes with this condition.”

Quotes attributable to Dr Debra Kennedy, Director MotherSafe:

“We are proud to have supported the physical and emotional wellbeing of women and families across NSW over the past 25 years.”

“MotherSafe provides advice to women who are concerned about medications, infections or exposure to occupational hazards before and during pregnancy, and while breastfeeding.”

Quotes attributable to Ella Rich:

“I experienced severe nausea and vomiting throughout each of my four pregnancies. Managing my symptoms was really challenging and I was highly anxious.”

“It was confirmed I had hyperemesis gravidarum at around 13 weeks during my fourth pregnancy following a medical emergency. The hospital recommended I contact MotherSafe and, as soon as I spoke with them, I felt reassured.”

“MotherSafe became my lifeline during the remainder of my pregnancy. Knowing I could call a consultant who knew about the medications I was exposed to and hyperemesis gravidarum gave me confidence in the health of my baby and alleviated my stress and anxiety.

“MotherSafe got me the right medication to treat my HG and I was never sick again. They answered my calls with empathy and compassion every time and even arranged for me to speak with one of their leading doctors.”