

INFORMATION SHEET



Taking care of your perinatal mental health

Depression and anxiety can happen at any time, but we know that women are more likely to experience these conditions during pregnancy and the year following the birth of a baby (perinatal period). Studies have shown that up to one in ten women experience depression during pregnancy and one in seven women in the following year after birth. Anxiety disorders are also prevalent during this period.

Mental health conditions can often go untreated in the perinatal period and can impose a great burden on women and their families. These conditions have the potential to have a negative impact on both maternal and infant outcomes.

Perinatal anxiety and depression can be a very isolating experience. Every woman's experience of pregnancy and parenthood will differ and as they make this journey. *It is important to keep track of your mental health - know the signs and when to seek help early.*

Below are helpful resources to support you during this journey.

Self-help and social support	
Telephone support and helplines	
PANDA (Perinatal Anxiety & Depression Australia)	ph. 1300 726 306
Beyond Blue	ph. 1300 224 636
Tresillian	ph. 1300 272 736
Karitane	ph. 1300 227 464
Apps and on-line support	
Mind the Bump App (Beyond Blue & Smiling Mind) http://www.mindthebump.org.au/	Mindfulness Meditation App to help individuals and couples support their mental and emotional wellbeing in preparation for having a baby and becoming a new parent.
MindMum App (Perinatal Depression e-Consortium - funded by Australian Government) https://www.mumspace.com.au/when-you-need-extra-help/	Provides effective strategies to help you lift your mood, strengthen your relationships and feel supported and confident in becoming a mum
Mum Mood booster (Perinatal Depression e-Consortium - funded by Australian Government) https://www.mumspace.com.au/online-treatments/	Evidence-based e-treatments designed to help women who are experiencing depression either during pregnancy or after the birth of their baby
READY to COPE (COPE - Centre for Perinatal Excellence) http://cope.org.au/readytocope/	Regular e- newsletter support throughout pregnancy and after birth

Useful Websites	
Mum Space https://www.mumspace.com.au/	One-stop website supporting the mental health and emotional wellbeing of pregnant women, new mums and their families.
PANDA https://www.panda.org.au/	Information and support for women, men and families to recover from antenatal and post depression and anxiety.
Tresillian https://www.tresillian.org.au/	Early parenting service offering families guidance and support in the early years of a child's life.
Gidget Foundation http://gidgetfoundation.com.au/	Promoting emotional wellbeing for expectant & new parents.
Karitane https://karitane.com.au/	Parenting help and advice to mothers and families during the early years of parenting.
Head to head https://headtohealth.gov.au/	Access to various Australian digital mental health resources
Black Dog Institute https://www.blackdoginstitute.org.au/	Research institute that provides information and resources aimed at reducing the incidence of mental illness.
Beyond Blue https://www.beyondblue.org.au/	Information and support for new and expectant parents covering maternal mental health and wellbeing.
COPE -Centre for Perinatal Excellence http://cope.org.au/	Practical information to help women work through all the emotional challenges of becoming and being a parent.
Face-to-face support	
Speak with your GP or health professional for additional support and most appropriate referral pathway to access psychological therapies. Services may be accessed under Medicare (gap payment may apply), non-government organisations or private services (check your private health fund cover).	
Crisis or urgent help	
If you are seeking urgent help, please contact one of the following support services	
	Emergency (Triple Zero) ph. 000
	24/7 National crisis support and suicide prevention services ph. 13 11 14
	24/7 Mental Health Line (NSW) ph. 1800 011 511
	24/7 National Helpline ph. 1300 659 467

