

Let's talk about **perinatal** mental health

Perinatal anxiety and/or depression affects up to **1 in 5** new mums and up to **1 in 10** new dads.

SIGNS AND SYMPTOMS



Persistent generalised worry, often focused on the health or wellbeing of your baby

Feeling nervous, on edge, stressed and panicky

Excessive fears about life with your baby and your identity as a parent

Racing thoughts, thinking about all the 'what if's' (catastrophising)

Developing obsessive or compulsive thoughts

Intrusive thoughts, suicidal ideation

Feeling isolated, scared and lonely even around loved ones

Feeling sad, low, hopeless, frequent crying

Appetite changes

Difficulty with focus, concentration or memory, 'brain fog'

Feeling disconnected from your baby and loved ones

Abrupt mood swings. Angry, frustrated, easily irritated

Feeling worthless, ashamed, critical self-talk

Feeling isolated and lonely even around others

Thoughts of death or suicide

Persistent fatigue

Disrupted sleep patterns (unable to fall asleep or stay asleep even when baby sleeps)

Changes to libido



Raising A Child

WITHOUT A VILLAGE

MEET LORENA



A MOTHER WHO HAS WALKED THIS PATH.

Remember!

Your well being is paramount. If you feel you may be experiencing perinatal anxiety or depression reach out to your **doctor (GP) as soon as possible.**

Ask about a **Mental health care plan and a **referral** to a psychologist, counsellor or service of your preference.**

SOME MORE IDEAS AND INFORMATION WE HOPE YOU'LL FIND USEFUL!

- Join yoga or swimming lessons for mums and bubs
- Find a Gym with creche. There are gyms and clubs that offer childcare while you exercise at a minimum extra cost.
- At your local community center you will find information, assistance of all kinds and support groups run here as well.
- Your local Church or library may offer family friendly activities and groups.
- Running mums Australia (A community for mums into fitness)
- Search for baby friendly arts and crafts classes
- Mama Tribe www.mamatrIBE.com.au
- Mind Mum App www.mumspace.com.au
- Connect with a group of people from your cultural background in your area via social media.
- Join a local mums group organised by the child health nurses.
- Take turns with a trusted friend to help each other by looking after each other's babies for a couple of hours a week. Use that time for self care or to connect with your partner.

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SERVICES & RESOURCES

Wellbeing, mental health, family and community:

www.panda.org.au

www.perinatalwellbeingcentre.org.au (ACT)

www.cope.org.au

Parent groups and playgroups:

www.playgroupaustralia.org.au