

As many as

**1 in 5
women**

develop a mental
health concern during
pregnancy or following
the birth of a baby.

It can be normal to feel worried or temporarily low in mood as you adjust to life with a new baby, but if these feelings are ongoing it is important to seek help early.

If you are experiencing any of the following, speak to your GP or other health professional:

- feelings of sadness or guilt
- increased anxiety
- low mood, frequent tearfulness
- difficulty completing usual tasks or activities
- loss of interest or reduced enjoyment of usual activities
- feeling overwhelmed or exhausted
- disturbed sleep or reduced appetite
- problems with memory and concentration
- feeling a loss of control
- increased irritability
- low self-esteem
- feeling socially isolated and lacking in support
- family violence concerns
- difficulty adjusting to parenthood
- finding it difficult to bond with your baby
- fear of harming self or baby

There are a range of support options available to women and their families pre and post birth. Local and national support options include:

Mildura Base Public Hospital – Mental Health Services
(includes Perinatal Emotional Health Program, Infant Mental Health Services, and the Acute Community Intervention Service)

Mental Health Services provides specialist mental health services to communities in the Northern Mallee region. The service provides inpatient and community-based care, and provides a 24hr Triage service for people across all age groups.

Ph: 1300 366 375 • www.mbph.org.au

Family and Child Hub

Pregnancy and early parenting support service, drop in centre available. Available weekdays.

Ph: 5021 7621 • www.schs.com.au

Mallee District Aboriginal Service

First nations people dedicated services. Social and Emotional Wellbeing Service, Psychiatrist available via Skype

Ph: 5018 4100 • www.mdas.org.au

Zoe Support Australia

Providing local pregnancy, parenting, childcare and education support for young mothers aged 13-25.

Ph: 0488 963 963 • www.zoesupport.com.au

Orange Door

Provides support for families experiencing difficulties impacting on their parenting and family life. This can include anyone who has experienced family violence and/or sexual assault.

Ph: 1800 290 943 • www.orangedoor.vic.gov.au

COPE – Centre of Perinatal Excellence

Practical information to help you work through the emotional challenges of becoming and being a parent.

• www.cope.org.au

Perinatal Anxiety and Depression Australia (PANDA)

PANDA supports women, men and families across Australia affected by anxiety and depression during pregnancy and early parenthood. PANDA also have telephone counselling and support line.

Ph: 1300 726 306 • www.panda.org.au

Gidget Foundation Australia

Gidget Foundation supports the emotional wellbeing of expectant and new parents in perinatal period. They offer telehealth counselling support and have virtual support groups.

Ph: 1300 851 758 • www.gidgetfoundation.org.au

MumSpace

MumSpace is a one-stop website supporting mental and emotional wellbeing during and beyond pregnancy. Offers online treatment for depression and anxiety and mobile apps.

• www.mumspace.com.au

SMS4Dads

Free text message support, info & tips especially for dads and dads-to-be

• www.sms4dads.com.au

SIDS – Sands and RedNose

Support for families experiencing infant or pregnancy loss. SIDS provide free grief and loss counselling.

Ph: 1300 308 307 • www.rednosegriefandloss.org.au

Lifeline

National charity providing crisis support and suicide prevention available 24 hours per day.

Ph: 13 11 14 • www.lifeline.org.au

Medication:

If you have been prescribed any medication for your mental health, please seek professional advice from your prescribing doctor before you make any decision to stop or alter the dose of your medication.

You can also talk to your GP about accessing private psychologist/clinicians working in the areas of perinatal and infant mental health via a GP Mental Health Care Plan (MHCP) Medicare supported services include:

CatholicCare

Generalist counselling, parenting support (MHCP not required)

Ph: 5051 0000

Christiane Jaeger

Ph: 0408 779 737 • www.jaegerpsychology.com.au

Debra Deacon

Ph: 0448 115 741

Donna Robertson

Ph: 5022 1426 • www.mildurapsychology.com.au

Magnolia Clinic

Ph: 5023 0075

Mums Matter Telehealth Psychology

bulk billed telehealth perinatal psychology

Ph: 9079 6930 • www.mumsmatterpsychology.com

Rebecca Newman

Ph: 0418 161 197 • www.bloompsychology.net.au

Rosalie Milner

Ph: 5023 8288

Sunraysia Community Health Services

Perinatal psychological therapy services (MHCP not required)

Ph: 5022 5444