

# MUMS' MENTAL HEALTH MATTERS

## Let's Get Real and Break the Stigma



### PERINATAL DEPRESSION AND ANXIETY

- Up to 1 in 10 women suffer depression during pregnancy; up to 1 in 7 experience postnatal depression
- Rates of postnatal anxiety are at least as high, and often depression and anxiety co-exist
- Perinatal depression and anxiety don't discriminate – women across the community, from all ages and from all backgrounds can be affected

#### Sign & Symptoms include:

worried	irritable	sleep problems
sad	angry	loss of confidence
stressed	overwhelmed	withdrawing from others
panic attacks	unmotivated	increased crying
obsessive or compulsive thoughts or behaviours		
thoughts or worries about harming yourself or baby		

### MUMS' MENTAL HEALTH MATTERS

- Depression and anxiety can get in the way of enjoying motherhood or your baby
- Depression and anxiety can hoodwink you into thinking you are not a good enough mother or that you're incompetent
- Mums need to be supported in their role so they can enjoy motherhood and do the best they can to support their infant's development

#### What can help?

**Remember, you are not alone.** It is very common to feel wobbly during this life phase

**Be honest:** if you have signs and symptoms reach out to someone you trust: a friend, work colleague, your partner, family member or your GP

**Treatment** is available and worth investing in

**Exercise & eat healthily** if you can

**Accept practical help** if it is offered, ask for practical help if you can

## Mums – Don't Suffer in Silence: Be Real, Seek Help Early

Information and listings of perinatal psychologists around Australia

Centre for Perinatal Psychology

[www.centreforperinatalpsychology.com.au](http://www.centreforperinatalpsychology.com.au)