

Mental Health & Wellbeing

Pregnancy and the first year of parenthood is a unique time and involves major changes in a person's life. All new parents, including both mums and dads will have good days and bad days. When bad days become the norm, a parent may be experiencing perinatal depression or anxiety.

More information: [Better Health Channel](#), [PANDA](#), [Beyond Blue](#)



Perinatal depression

We all feel sad, moody or low sometimes, it's a normal part of life. If these feelings come and stay for more than 2 weeks it may be a sign that you have depression. Depression affects how you feel about yourself, and can make life more difficult to manage from day to day.

You might lose interest in things you usually enjoy, lack energy, have trouble sleeping or sleep more than usual.

The sooner you get support, the sooner you can get on with enjoying your family.

Perinatal anxiety

While pregnancy and the arrival of a new baby can be very exciting, it is common for new parents to experience some worries and concerns.

If worries and fears start to feel overwhelming or make it hard to cope with daily life it may be a sign of anxiety.



If you are experiencing any ongoing mental health symptoms for a period of 2 weeks or more we encourage you to speak to a Mental Health Professional.

Where to get help

- **GV Health Perinatal Emotional Health Program (PEHP)**
1300 369 005 | 5832 3170 **VIC RESIDENTS ONLY**
- **Wangaratta Perinatal Emotional Health Program (PEHP)**
5723 8955 | After Hours: 1300 104 211 **VIC RESIDENTS ONLY**
- **GV Health Mental Health Triage** | 24/7 | 1300 369 005
- **Professional Counsellor, Psychologist or Psychiatrist**
Speak to your GP about a referral
- **Maternal Child and Health - Moira Shire**
5871 9275 | www.moira.vic.gov.au
- **Maternal and Child Healthline** | 24/7 | 13 22 29
- **PANDA** (Perinatal Anxiety and Depression Australia)
1300 726 306 | www.panda.org.au
- **Lifeline** | 13 11 14 | www.lifeline.org.au
- **Beyond Blue** | 1300 224 636 | www.beyondblue.org.au
- **Mum Space** | www.mumspace.com.au
- **Gidget Foundation** | www.gidgetfoundation.org.au
- **ForWhen** | 1300 242 322 | www.forwhenhelpline.org.au
- **Hearspace Shepparton** | 5823 8800 | www.hearspace.org.au
- **Suicide Call Back Service**
1300 659 467 | www.suicidecallbackservice.org.au
- **Head to Health** | www.headtohealth.gov.au
- **COPE** | www.cope.org.au

