

# What is PERINATAL DEPRESSION ?



**Antenatal**  
during pregnancy

## When can perinatal depression occur?

Perinatal depression encompasses everything from conception to around 12 months after birth and can affect both mums and dads



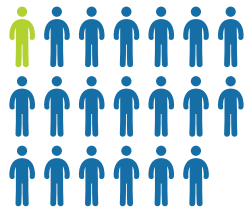
**Postnatal**  
after birth

## Perinatal



**1/10**  
women

experience antenatal depression

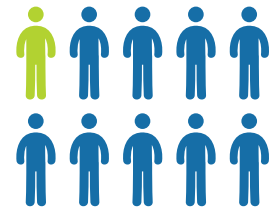


**1/20**  
men



**1/7**  
mums

experience postnatal depression



**1/10**  
dads

## Signs of Perinatal Depression and Anxiety

### Antenatal

- panic attacks
- persistent worry or fear
- compulsive behaviours
- mood swings
- constant sadness
- feeling nervous or on-edge
- lacking energy
- sleeping too much
- withdrawing from friends/family
- irritability
- risky activities (eg. alcohol, drugs)
- memory problems
- thoughts of death or suicide

### Postnatal

- Similar to Antenatal depression but can also include:
- under or over eating,
  - feeling unable to cope with looking after baby
  - fear of being alone with baby
  - low self-esteem
  - thoughts of harm to yourself or baby
  - increased sensitivity to noise or touch

### Worried about how you are feeling?

- Confide in your partner, friend or family member
- Talk to your GP
- Ask your GP for a referral to our free to low cost Perinatal Depression program

### Concerned about someone close to you?

- Offer your support if they are willing to share
- Reassure they are not alone
- Talk to their family and
- Suggest that they speak to their GP

### What are the Baby Blues?

Women may experience the 'baby blues' a few days after birth, however, this is generally not a concern. The baby blues symptoms of teariness, anxiety or irritability usually resolve in a few days with understanding, acknowledgment and support.

For more information on our free/low cost Perinatal counselling services, contact us at:

☎ 9201 0044

🌐 [www.blackswanhealth.com.au/counselling](http://www.blackswanhealth.com.au/counselling)