

Are you concerned about any of the following?

- Do you have trouble sleeping, even when there is no reason to explain the sleep disturbance?
- Do you get irritable with everyone, or are you more irritable than usual?
- Do you find yourself getting anxious about the smallest things that concern your baby or toddler?
- Do you feel like your emotions are on a rollercoaster?
- Are you often confused, or feel you are forgetting things and can't concentrate?
- Do you sometimes feel like you baby or child would be better off without you?
- Do you feel like you can't be the kind of mother you want to be?

Maybe you are struggling with a perinatal mood disorder. Our service aims to help you to effectively meet the emotional demands of parenting babies and small children.

Other services offered by IDGP

Sleep Better Group Program

A group program teaching people numerous strategies that promote longer and more restorative sleep.

Mental Health Nurse Program

Nurses specialising in mental health provide support to those with severe mental health disorders and complex needs.

All of these services are provided for free to clients with appropriate referrals.

Contact details:

Phone: 02 4220 7600

Fax: 02 4226 6489



This program is funded by the Australian Government, Department of Health and Ageing.

The banner features a central image of a baby's foot being held gently in two hands. The text is arranged in curved banners around the image. At the top right is the Illawarra Division of General Practice logo. The main title "PERINATAL MENTAL HEALTH SERVICE" is in a green curved banner. Below it, "Individual & Group Therapy" is in a blue curved banner. At the bottom, "Helping families with children from conception to infancy" is in a blue curved banner, and "COMPASSION HOPE CONNECTION" is in a white curved banner. The website "www.idgp.org.au" is at the bottom in a green banner.

Illawarra Division of General Practice

PERINATAL MENTAL HEALTH SERVICE

Individual & Group Therapy

Helping families with children from conception to infancy

COMPASSION HOPE CONNECTION

www.idgp.org.au

Welcome to the IDGP Perinatal Mental Health Service...

Many parents believe that parenting should always be blissful and that being a parent should come naturally. Many of us feel too ashamed to tell anyone when it becomes difficult to cope. It's vital we talk about the struggles associated with parenting babies and small children, and its important **you know you are not alone.**

The Perinatal Mental Health Service supports mothers, fathers and families of those experiencing perinatal depression (PND) (i.e. during the pregnancy period, or in the first two years of the child's life) and associated problems (e.g. anxiety).

This service is offered at **no cost to you** upon referral by an appropriate health provider* (*please contact for details).

Antenatal Services

There is a popular myth that pregnant women are glowing, and that it is a time of improved physical and emotional health. While this is true for some expectant mothers, there is increasing evidence that depression affects between 10 and 15% of women during pregnancy.

While some cultures have structures in place that are supportive of new parents, in our society **expectant parents are given little preparation for, or support in, their new roles.**

The Perinatal Mental Health Service provides individual and group-based support for mothers (and expectant fathers who meet referral criteria) who are experiencing PND. You will work with a psychologist who specialises in anxiety and depression in the ante-natal period to identify and develop effective ways of coping that enable your transition to parenthood to be rewarding and successful for both you and your new baby.

Postnatal Services

The transition to parenthood involves adapting to huge physical, emotional and social changes. Current research indicates that as many as 1 in 5 new mothers experience depression in the first year or two after the birth of their child. Though less-understood, the rate of depression in new fathers is also acknowledged to be an important health issue for new families.

PND Group

- 8 weekly sessions, 4-6pm at The Green Bean cafe
- Free, fully accredited childcare provided for your child(ren) by Illawarra Children's Services (ICS)
- Tea/coffee and light refreshments provided
- Newborns are welcome as part of group

The Perinatal Mental Health Service also provided individual therapy to support parents with additional needs after group is complete, or for those who group is not appropriate.

Compassion – Hope - Connection



Why group therapy?

- Evidence shows that group programs are very effective for treating a range of psychological problems, including depression in the perinatal period, stress associated with significant life-changes, and anxiety
- Group sessions create an opportunity for you to meet with other people with PND in a supportive, non-judgmental environment to share experiences and feel validated
- You will develop and extend your own supportive social network
- The group is a forum in which you can explore and identify ways of managing PND that will help with your ongoing recovery and into the future