

Emotional support once baby is born

Information sheet for Parents

Congratulations from the RBWH Women's and Newborn Services on the birth of your baby

General Practitioner support

It is hard to know what feelings are normal when you have finally brought your baby home. A huge range and mix of emotions are normal. 'Baby Blues' usually occurs between the 3rd and 10th day after birth and can be associated with the hormonal changes in your body¹. It is normal to have a period of adjustment to parenthood as you build confidence in your new role and understanding your baby. However, if you are feeling distressed, sad, down, overwhelmed or are struggling to cope and this lasts for more than 2 (two) weeks, we encourage you to seek help^{1,2}.

Your GP can be a great place to start. They can refer you to specialist services and may be able to offer you a mental health care plan to provide you with financial assistance through Medicare for the costs of psychology appointments.

Family Resources

Here are some of the resources and organisations for emotional and psychological support after birth, in no specific order.

Metro North Perinatal Mental Health Service

Perinatal-Mental-Health@health.qld.gov.au

Ph: 07 3146 2300

Emotional and psychological assessment and support for antenatal women and postnatal families up to 1 (one) year after the birth. This service is for women in Metro North Hospital and Health Service catchment suburbs only.



<https://metronorth.health.qld.gov.au/rbwh/healthcare-services/perinatal-mental-health>

PANDA - Perinatal Anxiety and Depression

Australia <https://www.panda.org.au/>

National Helpline operating Monday – Friday, 9am-7:30pm AEST/AEDT. The website contains resources and a checklist to help you identify whether your feelings could be anxiety or depression.

Additional PANDA resources

LGBTIQ Families and Perinatal Anxiety and Depression
<https://www.panda.org.au/images/resources/Resources-Factsheets/Lgbtiq-Community-Perinatal-Anxiety-And-Depression.pdf>

Peach Tree Perinatal Wellness

<https://peachtree.org.au/>

A parent to parent support service offering groups, education programs, community and activities for women at risk or suffering from perinatal mental health issues.



Consumers contributed
to this information.

Centre for Perinatal Psychology

<https://www.centreforperinatalpsychology.com.au/>

Link to high quality perinatal psychologists for mothers, fathers, infants, and families all over Australia, parenting groups and workshops.

Australasian Birth Trauma Association

<https://www.birthtrauma.org.au/>

Support for women and their families who are suffering in the postnatal period from physical and/or psychological trauma resulting from the birth process. Peer support from men and women who have experienced traumatic births.

Pregnancy Counselling Link (PCL)

<https://www.pcl.org.au/>

Counselling provided by qualified counsellors by telephone, email or face-to-face for women, partners and families. This service is free as funded by the QLD government.

White Cloud Foundation – Meals for Mums

<http://whitecloudfoundation.org/>

Requires referral from Health Professional

Mum Space

<https://www.mumspace.com.au/>

A website supporting the mental health and emotional wellbeing of pregnant women, new mums, and their families. Includes Mum Mood Booster, an evidence-based, online e-treatment for depression and anxiety. Plus, extra supports for all parents.

COPE – Centre of Perinatal Excellence

<https://www.cope.org.au/>

Gidget Foundation

<https://gidgetfoundation.org.au/> Emotional support for expectant and new parents

Birth Talk <http://birthtalk.org/>

Peer Support for “bad births”

Resources for Dads

The journey to parenthood can be just as challenging for dads as it can be for mums. Up to 1 (one) in 10 dads can experience postnatal depression, and anxiety is thought to be just as common². There are resources aimed specifically at support and managing “dad stress.”

- How is dad going? (PANDA)
<https://www.howisdadgoing.org.au/>
- SMS4dads <https://www.sms4dads.com.au/>
A great service of regular text messages to dads to help engage with partner and baby
- The Dad website <http://thedadwebsite.com/>
- DGI Dads group Inc <https://dadsgroup.org/>
- The Father Hood
<https://www.the-father-hood.com/>
- Support for fathers online webinars, support services and resources for dads (Relationships Australia) <https://supportforfathers.com.au/>



Other Mental Health Resources

Beyond Blue <https://healthyfamilies.beyondblue.org.au/>

Great resources for family and dad here too!

Lifeline Crisis support. Suicide prevention. 13 11 14

<https://www.lifeline.org.au/>

Black Dog Institute

<https://www.blackdoginstitute.org.au/>

References

1. Beyond Blue
2. PANDA