

ForWhen

Looking After Bub and Your Wellbeing

Yarning about how bubs come into the world

What is birth trauma?

Pregnancy, birth and early parenting can be beautiful, but it can also bring pain - sometimes the kind of pain that's hard to speak about.

Some parents have been through birth experiences that left them feeling broken, frightened, or alone.

You're not alone, there's help and support you can connect with.

Birthing can be scary and bring up feelings of fear and shame. We are here to help you on your journey to wellness.

You might be feeling:

- Anxious, sad, or numb after the birth of bub
- Worried about what others are thinking and avoid talking about what happened
- Isolated and alone and struggling to connect with bub or others

You deserve support - we often don't yarn about these things, but it's important that we do.

Understanding birth trauma

Some births can be very traumatic and not what we expected. You may have felt very scared, alone and helpless - before, during or after the birth. These feelings are big and normal - but they may leave you with no good memories and questions. Birth trauma can happen when we don't have a say, when we feel we have no choice, or when things don't go the way we hoped and planned.

We See Your Strength.

We acknowledge and respect your journey.

"Making sense is all part of the process - we understand"

Strong care - Strong connection - Strong healing

1300 24 23 22

Distressed and scared - we see you

Reaching out early means you're giving your bub the best start and looking after yourself too.

Birth Trauma - Your voice, your story

Need a yarn? You can ask for help in ways that feel culturally safe and right for you. Let us walk alongside you, Let us walk together, to connect you with the support you need.

ForWhen receives funding from the Australian Government.

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Call 1300 24 23 22

