

ForWhen

Looking After Your Mind and Spirit

Feeling sad and experiencing more than just the baby blues

What is antenatal/postnatal anxiety and depression

Antenatal/Postnatal anxiety and depression these are common mood disorders – before and after the bubs is born, you can feel no good, sad and tired. You might be worrying about your new bubs, or your minds all over the place.

Can't stop worrying and over thinking

Having a new bub means big changes for your family and home life. Sometimes we don't realise these changes also affect our mind, body and spirit.

You might be feeling:

- Panicky and teary
- Sad and overwhelmed
- Worried and scared
- Like things will never be the same

You deserve to enjoy your new bubs and feel calm and happy. You may need some support to help overcome feelings of stress, anxiety or depression.

Why does seeking help for anxiety and depression matter?

Anxiety and depression can affect your mind, body and spirit. You deserve to be happy and healthy and so does your little one.

When you smile, so does your bub

Little ones feel loved, safe and happy, when they hear laughter

“There are many reasons to be happy – lets help find yours”

Strong Mind - Strong Spirit - Strong Mob

1300 24 23 22

Anxiety and Depression – Can Make Your Heart Race

Need a yarn? Reaching out early keeps both you and bub strong.

Let us walk alongside you to connect you with the support you need.

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Call 1300 24 23 22

