



Robyn Preston MP

Shadow Minister for Mental Health and Medical Research

MEDIA RELEASE

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PERINATAL MENTAL HEALTH WEEK 12-18 NOVEMBER 2023

Perinatal Mental Health Week takes place this month. It is a national week to raise awareness, inform and support those experiencing anxiety, depression and confusion that can come during and shortly after pregnancy. Perinatal depression and anxiety conditions don't discriminate and can surface without warning.

Shadow Minister for Mental Health and Medical Research Robyn Preston MP said "Parents impacted by perinatal mental health issues experience a range of symptoms. These can be recognised as the inability to eat, sleep and get dressed and will often feel a lack of connection and emotional coldness towards their newborn."

"Celebrating the birth of a child is usually a time where parents feel a rich sense of joy, love and bonding. To feel anything but that creates apprehension, fear and sometimes a sense of shame."

"At a time when there is usually great happiness, there can also be an overwhelming feeling of self-doubt. As a community we must work to destigmatise emotions associated with perinatal depression and anxiety and offer support to our neighbours, friends and loved ones mentally, physically and emotionally." Ms Preston said.

The transition into parenthood can be challenging. If you or someone you know needs support, help is available. You can visit <https://www.pmhweek.org.au/about-us> for more information on perinatal mental health awareness.

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