

Queensland Centre for Perinatal and Infant Mental Health

Creating healthy families together

Emotional health during pregnancy and early parenting



Hints for Mum

- Seek advice and support from your maternity health care provider if you have concerns during your pregnancy.
- Be kind to yourself, have reasonable expectations.
- Take time to play and have fun with your baby.
- Break tasks down into small manageable pieces.
- Look after your health, try to exercise regularly, eat well, avoid cigarette smoking and drugs, limit alcohol.
- Try to get enough sleep and rest, nap when you can.
- Make time to see family and friends.
- Take some time for yourself to do what you enjoy.
- Ask for help if you need it.



Hints for Families

- Make time to be together as a family.
- Parent as a team, work together and share household tasks.
- Listen to music together and sing along.
- Read your baby's favourite stories.
- Share hugs and cuddles.
- Dance to your favourite tune.
- Play games, go to the park.
- Laugh and be silly together, have fun.
- Listen and talk to each other.
- Ask for help from family and friends.
- Focus on what went well today, no matter how small it may be.



Hints for Partners

- If you can, attend antenatal appointments to support your partner.
- Take time to have fun with your baby.
- Get involved in caring for your baby.
- Talk about how you feel.
- Look after your health, try to exercise regularly, eat well, avoid cigarette smoking and drugs, limit alcohol.
- Spend time as a couple.
- Take some time for yourself to do what you enjoy.
- Ask for help if you need it.



Baby says:

I like it when you...

- cuddle me
- are there for me
- protect me
- talk to me
- are patient with me
- help me
- laugh with me
- play with me



Seeking help

When a baby is born, women often experience the 'baby blues', feeling tearful and overwhelmed. These feelings usually last a few days. For some women and partners, these feelings last more than two weeks and may develop into depression or anxiety. Seeking professional help early can get you back on track to enjoying life and your baby.

A range of services, many of which are free, are available to help you and your family.

General services

- Your local doctor (general practitioner)
- Your local midwife or child health nurse
- 13 HEALTH (24 hours) **13 43 25 84**
- Lifeline (24 hours) **13 11 14**
- beyondblue Information Line **1300 22 4636**
- Relationships Australia **1300 364 277**
- Perinatal Anxiety & Depression Australia (PANDA) **1300 726 306**
- Pregnancy, Birth and Baby Helpline (24 hours) **1800 88 2436**
- Pregnancy Counselling Link **1800 777 690**
- Women's Health Queensland Wide **1800 017 300**
- Mensline Australia (24 Hours) **1300 789 978**
- Parent Line **1300 301 300**

Useful websites

- Queensland Health health.qld.gov.au
- Queensland Centre for Perinatal and Infant Mental Health childrens.health.qld.gov.au/qcpimh
- Australian Childhood Foundation childhood.org.au
- Centre of Perinatal Excellence cope.org.au
- Information about baby and toddler behaviour zerotothree.org or kidscount.com.au
- Information about maternal depression and anxiety beyondblue.org.au or justspeakup.com or blackdoginstitute.org.au
- Information about mental health and well-being ontrack.org.au
- National Health Services Directory headtohealth.gov.au
- Perinatal Anxiety & Depression Australia panda.org.au
- Raising Children Network raisingchildren.net.au
- Support for the emotional health of pregnant women, mums and their families mumspace.com.au



Developed by the Queensland Centre for Perinatal and Infant Mental Health (QCPIMH), Children's Health Queensland Hospital and Health Service
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Contact us

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🌐 www.childrens.health.qld.gov.au/qcpimh

Find your local health service

Brisbane

Brisbane Metro North Hospital and Health Service

Metro North Perinatal Mental Health: (07) 3146 2540
Royal Brisbane Hospital Acute Care Team: (07) 3834 1605 (24hrs)
The Prince Charles Hospital Perinatal Mental Health: 1800 112 403
Redcliffe – Caboolture Acute Care Team: (07) 5433 8430
Zero to Four Child and Youth Mental Health Service: (07) 3266 3100

Brisbane Metro South Hospital and Health Service

Perinatal Wellbeing Logan-Beaudesert: (07) 3089 2734
Princess Alexandra Mental Health Service: (07) 3176 2831
Bayside Mental Health Service: (07) 3825 6000
Logan-Beaudesert Consultation Liaison Service: (07) 3299 8015
Transcultural Mental Health Statewide Service: (07) 3167 8333
Zero to Four Child and Youth Mental Health Service: (07) 3266 3100

Outside Brisbane

Cairns and Hinterland Hospital and Health Service

Women's Perinatal Mental Health Clinic: (07) 4226 8349
Cairns Integrated Mental Health Service: (07) 4226 3400
Acute Care Team: (07) 4226 3100

Central Queensland Hospital and Health Service

Acute Care Team (07) 4920 6111
Rockhampton Mental Health Service: (07) 4920 5500
Gladstone Mental Health Service: (07) 4976 3244
Emerald Mental Health Service: (07) 4983 9744
Biloela Mental Health Service: (07) 4983 9750

Central West Hospital and Health Service

Central West Mental Health Service: (07) 4652 7951
After Hours: (07) 4920 6111

Darling Downs Hospital and Health Service

Clinical Nurse Consultant Perinatal Mental Health: (07) 4616 5826

Gold Coast Hospital and Health Service

Perinatal Consultation Liaison Services – (07) 5687 7249
Lavender Mother Baby Unit (07) 5687 7064
Infant Mental Health Program, CYMHS Access Team (07) 5635 6395

Mackay Hospital and Health Service

Mackay Community Mental Health Service: (07) 4885 6000

North West Hospital and Health Service

Mt Isa Mental Health Services: (07) 4744 7103

South West Hospital and Health Service

South West Mental Health Service: (07) 4624 2977

Sunshine Coast Hospital and Health Service

Acute Care Team: 1300 767 155
Sunshine Coast Child & Youth Mental Health Service: (07) 5409 9111

Torres and Cape York Hospital and Health Service

Cape York Mental Health and ATODS Program: (07) 4226 5542

Townsville Hospital and Health Service

Perinatal Mental Health Coordinator, Acute Care Team: 1300 642 255

West Moreton Hospital and Health Service

Acute Care Team: (07) 3817 2577 or 1300 642 255

Wide Bay Hospital and Health Service

Bundaberg Acute Care Team: (07) 4150 2600
Maryborough Community Mental Health: (07) 4122 8777
Hervey Bay Community Mental Health: (07) 4128 5400