

## People I can call if I need help

### Indigenous health worker:

Ph

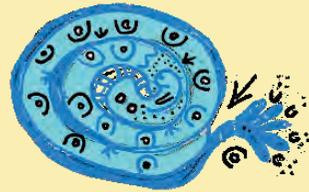
### Doctor/GP:

Ph

### Child health nurse:

Ph

- ▶ 13 HEALTH (13 43 25 84)
- ▶ Lifeline: 13 11 14
- ▶ PANDA Support Line  
(9am to 7pm, Monday to Friday)  
Ph: 1300 726 306  
Web: [www.panda.org.au](http://www.panda.org.au)
- ▶ beyondblue info line  
Ph: 1300 22 46 36  
Web: [www.beyondblue.org.au](http://www.beyondblue.org.au)
- ▶ Mensline Australia: 1300 789 978
- ▶ Parent Line: 1300 301 300
- ▶ Emergency: 000



### Queensland Centre for Perinatal and Infant Mental Health

Promoting the social and emotional wellbeing of mums, dads and bubs

QCPIMH would like to respectfully acknowledge local Indigenous Artist, Patricia Morris, who developed artwork especially for use in QCPIMH print resources.

Patricia is an elder from Laura in Far North Queensland.

[www.health.qld.gov.au/qcpimh](http://www.health.qld.gov.au/qcpimh)

June 2011



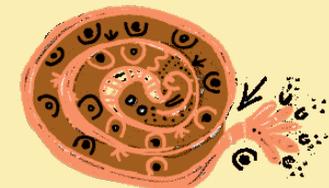
Queensland  
Government

Social and emotional wellbeing  
of mums, dads and bubs

Love yourself



Love bubs



**Mums** need to look after themselves before they can look after bubs.

It is natural to be feeling different emotions like sadness, worry or excitement during pregnancy.

When bubs is born many women may get the 'baby blues', this includes feeling tearful, sad, cranky, moody, feeling unwell and not getting enough sleep.

This usually lasts for a few days.

However, if these feelings last longer than two weeks and mum is finding it hard to cope, it's a good idea to ask for help. Mum may have depression.

**Look after and love yourself, this helps you look after and love bubs**

Life can get real busy once bubs is born.

**Dads** can feel unsure about what to do with baby. Dads can have the same jobs as mum: feeding baby, changing nappies, putting baby to sleep and giving bubs lots of hugs and kisses!

Just like some mums, some dads can have depressed feelings too, but dads can feel too shame to talk about how they are feeling. It's a good idea to ask for help.

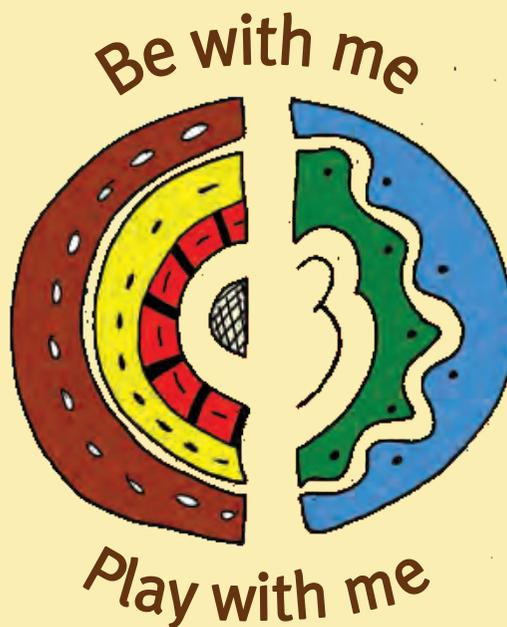
Both **mums** and **dads** can recover from depression. The best way to get better is to get help early. You might just need to:

- ▶ **talk** to someone
- ▶ **get more support** and advice on how to raise bubs
- ▶ **take** some medication
- ▶ **feel connected** to people in your community who can help.

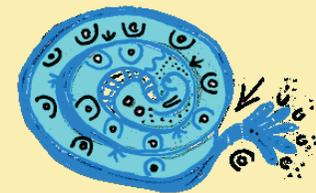
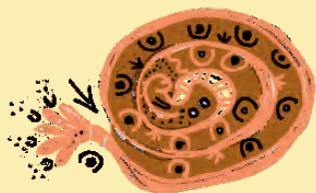
Who can you talk to?

You can talk to your partner, a friend or an elder. You can talk to your local health worker or a counsellor, who will listen to your story. Help is confidential.

**Don't be shame, don't hide, step up and ask for help**



**Stay strong, stay connected... before and after baby**



**Love mum, love dad, love bubs**

**'It's ok to feel like you can't cope with bubs, as long as you know you can always ask for help'.**