

How to get help:

- Talk to someone you trust

OR Contact:

- PEHP on: **02 6051 7950**
- Parents & Babies Service
02 6051 7174
- Your Maternal Child & Family
Health Nurse:
- PANDA support line: **1300 726 306**
- 24 hour Maternal & Child Health
Line Victoria: **132 229**
- Tresillian Parent Help Line 7days
7am-11pm **1300 272 736**
- 24 Hour Mental Health Crisis Line:
1300 881 104 Victoria
1800 011 511 NSW Access Line

*It is important to talk to someone who
understands how you feel.*

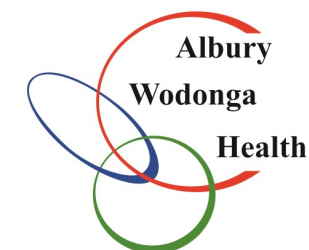
Service Area:

- Wodonga
- Albury

And surrounding areas:

- Mt Beauty
- Corryong
- Beechworth
- Chiltern
- Rutherglen
- Corowa
- Holbrook
- Henty

PHONE: 02 6051 7950



PEHP

Perinatal Emotional Health Program

AN EARLY MOTHERHOOD SERVICE

*A specialist early intervention
service supporting emotional health
during pregnancy and early
parenthood 0-12mths*



For most women, pregnancy and motherhood is a time of intensified emotions. While motherhood can be a time of great joy and fulfilment, it can also be exhausting, lonely and frightening. This experience may be confusing and distressing for both the woman and her family.

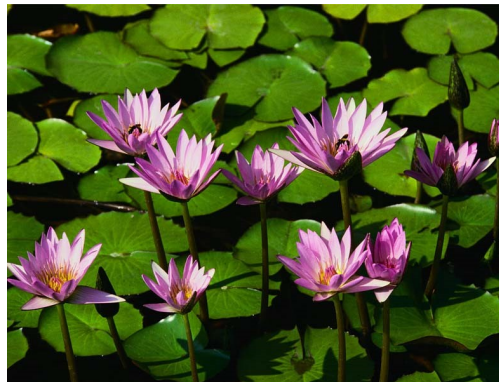
Some common distressing feelings may be:

- ⇒ Sad or low mood
- ⇒ Anxiety
- ⇒ Frequent tearfulness
- ⇒ Lack of motivation
- ⇒ Tiredness, loneliness, feeling overwhelmed
- ⇒ Problems with eating and sleeping
- ⇒ Irritability and frustration
- ⇒ Difficulty with household tasks
- ⇒ Poor concentration and memory
- ⇒ Fear of harming self or baby
- ⇒ Sense of loss of control
- ⇒ Adjustment difficulties

At times, most mothers experience some of these feelings . If the feelings persist and affect your ability to cope it is important to seek help early.

PEHP early motherhood service is a free, home-based service for women and families experiencing emotional difficulties during pregnancy and after childbirth.

The service provides education, counselling and facilitation of support groups.



How you can help yourself:

- √ Don't try to be superwoman.
- √ Seek assistance from a health professional.
- √ Have some time out from the baby doing something you enjoy.
- √ Ask for assistance from family and friends.
- √ Learn to manage anxiety with relaxation techniques.
- √ Try to eat well.
- √ Sleep whenever you have the opportunity.
- √ Remember, you must look after yourself in order to look after your baby.

For Partners and Family:

If someone you care about is experiencing emotional distress during pregnancy or after childbirth, it is important that you:

- √ Listen to her and believe her.
- √ Respect her experience and ask what she needs from you.
- √ Assist with household tasks and child care.
- √ Encourage her to get support or professional help.