

Helpful contacts

- Your General Practitioner
- Your Maternal and Child Health Nurse:
 - Deer Park 9219 7149
 - Watergardens 9449 6948
 - St. Albans 9296 1343
 - Keilor Downs 9296 1342
 - Copperfields 9296 1344
 - Sunshine 9296 1341
 - After Hours Service 13 22 29
- PANDA 1300 726 306 (toll free)
- Lifeline (24 hr service) 13 11 14
- Parentline (24 hr service) 13 22 89
- Crisis Assessment Treatment Team 8345 1260

Contact

Family Services North & West Metropolitan

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Email familyservices@baptcare.org.au
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Baptcare (Central office)

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Baptcare seeks to empower individuals to reach their full potential in all aspects of their life and to strengthen communities so that no one is left isolated, lonely or in need. At Baptcare, we see what could be, not what is. All donations over \$2 are tax deductible.

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Family Services Postnatal Depression program





Baptcare provides a range of accessible integrated services, which strengthen and resource families, young people, children and individuals. Our service is responsive, person focused and will build on the strengths of individuals and families to enable them to participate in their community.

Postnatal Depression (PND)

Sometimes bringing a baby into the world isn't what you imagined it would be.

Motherhood is a time of great change: physically, emotionally and socially.

Most women experience the mental and emotional effects of these changes during their first childbearing year. These feelings, in most cases, come and go. However, for some women the impact is more intense and enduring.

One in seven women who give birth in Australia will experience Postnatal Depression. Some of the symptoms of Postnatal Depression are:

- Low mood, sadness.
- Feelings of worthlessness.
- Tearfulness.
- Self-blame or guilt.
- Anxiety.
- Irritability or emotional highs and lows.
- Lack of energy.
- Lack of interest in activities.
- Increased or decreased appetite.
- Reduced concentration and decision-making ability.
- Sleep disturbance (difficulty getting to sleep or staying asleep, unrelated to the baby).
- Worries about own health.
- Confused thoughts.
- Slowed or fast speech.
- Slowed movement or agitation.
- Feelings of hopelessness.
- Thoughts about death or suicide.
- Feeling that life has no meaning.

Women may experience one, two or more of these symptoms which can seriously affect their enjoyment of life, their view of themselves and their relationships with their partner, family and friends.

PND support groups

Baptcare provides three Post Natal Depression support groups in addition to our counselling program.

Our Towards Wellness program combines cognitive therapies with music and movement and operates within the Wyndham City Council (Werribee) and the Shire of Melton (Caroline Springs). The aim of the group is to create a safe and supportive environment in which mothers can dance and explore with their children. Towards Wellness uses movement, relaxation and opportunities for self-expression to promote wellness in women experiencing signs or symptoms of PND.

Baptcare also provides a supported Playgroup for women experiencing PND in Brimbank. The Playgroup uses play, interaction and psycho-social education to promote learning and assist mothers to meet their children's developmental needs. Playgroup provides a safe space for women to share their experiences of motherhood and is facilitated by an experienced PND Counsellor.

PND counselling

The PND program provides support and counselling to women and their families. Counsellors visit women at home and provide support to families living in the Brimbank area.

We recognise that partners and support persons may also feel confused, anxious or depressed. As such, we provide the opportunity for family members to share their experiences and to understand what is happening to the new mother.

Referral and assessment

A referral to the PND program is followed by a comprehensive assessment for eligibility and includes the development of an Individual Program Plan. This Individual Program Plan determines the appropriate support for the mother which may include individual counselling and linkage to a supported playgroup.

Eligibility

You do not need to have a diagnosis of Postnatal Depression to be considered eligible for our services. The Postnatal Depression program assesses women who have been referred to us to determine whether a counselling response is appropriate.

Confidentiality

Information you give us will be dealt with respectfully and will stay confidential. However, where the worker has concerns about the safety of a child or mother, we have a duty of care to consult with Child Protection or the Crisis Assessment Team.