

Mental health in pregnancy and new parenthood

Social distancing restrictions due to COVID-19 can be difficult during pregnancy.

There are many things you can do to improve your situation and many organisations with ideas, resources and paths to follow if you want more help.

If you need to talk to someone about your mood or if you are becoming depressed, talk to your General Practitioner (GP). If necessary, you can get a mental health care plan to talk with a trained mental health professional.

Below are some helpful resources:

PANDA

www.panda.org.au

Call 1300 726 306 between 8.30am and 7.00pm

PANDA's National Helpline is available to provide support and information to families experiencing perinatal anxiety and depression.

Partners, family members and/or friends supporting a loved one with perinatal anxiety or depression can also call PANDA's Helpline.

Gidget Foundation Australia

www.gidgetfoundation.org.au

Call 1300 851 758

Gidget Foundation Australia's 'Start Talking Program' provides free specialist perinatal telehealth psychological counselling services for expectant and new parents.

Services are delivered via a video call service.

Beyond Blue

<https://healthyfamilies.beyondblue.org.au/pregnancy-and-new-parents>

Call 1800 512 348

The Beyond Blue website provides lots of information and resources for new and expectant parents, covering everything from bonding with your baby to spotting the signs of anxiety and depression.

They also have counsellors available to talk to you 24 hours a day, 7 days a week on their dedicated Coronavirus support phone line.

SA COVID-19 Mental Health Support Line

Call 1800 632 753 or chat online at www.SACOVIDMentalHealth.org.au between 8.00am and 8.00pm, 7 days a week

For mental health support by phone, video, or online chat in relation to COVID-19, contact the SA COVID-19 Mental Health Support Line. This service can also provide follow-up calls.

Lifeline

www.lifeline.org.au

Call 13 11 14

Lifeline is a national charity providing anyone who is experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.

If you are feeling desperate and don't know what to do, contact Lifeline.

ASKPEACE for CALD community

www.rasa.org.au/services/all-services/askpeace

Call (08) 8245 8110 between 9.00am and 5.00pm, Monday to Friday

ASKPEACE can provide mental health support to people of culturally and linguistically diverse backgrounds living in South Australia who have been impacted by COVID-19.

If you speak a language other than English, ASKPEACE can arrange an interpreter to help understand your issues and concerns.

For more information

Information updated 15 May 2020

Please check the latest version of factsheet at:

www.sahealth.sa.gov.au/COVID19MentalHealthSupport

