

## ADDITIONAL SERVICES

- **Children's psychological therapy**  
i.e. low mood, anxiety, bullying, adjustment, social skills, sleep concerns etc.
- **Educational assessments**  
i.e. cognitive abilities, IQ, dyslexia, social, emotional & behavioural concerns
- **Adult psychological therapy**  
i.e. depression, anxiety, stress etc.
- **Couples counselling**

## HOW TO ACCESS

### OPTION 1.

- Make a double appointment with your GP.
- Ask for a *Mental Health Care Plan* or a *Non Directive Pregnancy Counselling* referral. This would give you access to a Medicare rebate to over part of the consultation fee. Please see our website for more details.
- Contact us via phone or book online.

### OPTION 2.

- Make an appointment with us.
- Use private health rebate (if applicable with your cover) or attend privately.

Please note: The overwhelming majority of parents who suffer mental health concerns care appropriately for their children despite their struggles. Our goal is to assist families in overcoming their concerns, not to blame parents.



If you are worried about how you are feeling

### *Connect:*

talk to someone such as friend, family, partner, midwife, obstetrician, CAFHS nurse, or other supportive person.

### *Educate:*

[www.panda.org.au](http://www.panda.org.au)  
[www.cope.org.au](http://www.cope.org.au)  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

### *Refer:*

see your GP or OBGYN for a referral for Medicare rebated psychological support.

### *Seek:*

help from clinical psychologists with a special interest & experience in perinatal mental health (like us!).

Online booking available.



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Ms Sally Baron

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[www.paediatricperinatal.com.au](http://www.paediatricperinatal.com.au)  
[www.facebook.com/paediatricperinatal](https://www.facebook.com/paediatricperinatal)  
[reception@paediatricperinatal.com.au](mailto:reception@paediatricperinatal.com.au)



# PAEDIATRIC & PERINATAL CENTRE

Psychological support for

*Planning*

*Pregnancy*

*Postnatal*

*Parenting*

## PERINATAL MENTAL HEALTH

The perinatal period encompasses the time around birth, i.e. pregnancy and the first year postnatally. This is a time of enormous transition and adjustment, which means increased likelihood of psychological concerns.

“Baby blues” describes low mood & tearfulness usually peaking around 3 - 5 days postnatally. It does not usually persist longer than 3 weeks.

## SOME COMMON ISSUES WE WORK WITH INCLUDE:

### *Antenatal & Postnatal Depression & Anxiety*

Feeling overwhelmed, teary, guilty, anxious, like you aren't doing a good job, having trouble sleeping, loss of pleasure, preoccupation with your own or baby's health and safety, difficulty concentrating, anger and rage can be symptoms of perinatal anxiety or depression.

### *Traumatic Birth*

Trauma is in the eye of the beholder. Birth can be experienced as traumatic by either parent even if a birth is viewed as “textbook” by obstetricians or midwives despite appearances; it often benefits from debriefing.

### *Connection with Baby*

It is not true that everyone feels overwhelming love when they first hold their baby. This can take some time and may benefit from professional assistance.

### *Relationship Stress*

Growing your family changes everything. There are many aspects of your relationship which will need to be renegotiated. Feeling disconnected from your partner or like they “don't get it” is common but may benefit from external support.

You may not be experiencing any of the concerns above at the moment but we recommend keeping this brochure for future reference. See our screener (right) or our website for more information. Contact your GP or call us for an appointment if any of these symptoms persist.

## WHAT WE DO

We are all experienced clinicians who have worked in a number of government and private services before focusing on our passion; psychology in the perinatal period. We love this work. Our areas of special interests include:

- Fertility struggles & IVF
- Loss & unexpected pregnancy outcomes
- Psychological preparation for birth & parenting
- Relationship transitions in perinatal period & couples counselling
- Anxiety, depression, worry & anger in the perinatal period
- Birth fears
- Traumatic birth experiences
- Concerns about relationships between parent & children
- Attachment education & support
- Parenting strategies & support
- Loneliness & isolation
- Gentle techniques for paediatric sleep concerns

Everything changes when you become a parent in ways you could not have predicted. It can be useful to gain some assistance with this transition.

There is no threshold of things being ‘bad enough’ to check in with a professional. If you aren't feeling yourself, are struggling with mood, or sleep, or want some ideas about how you and your partner will parent consistently, we are here to help.

## ARE YOU OK?

In the past 2 weeks I have been:

Score Qs 1-7: Not at all (0), Several days (1), More than half the days (2), All the time (3)

1. Feeling nervous, anxious or on edge
2. Not able to stop or control worrying
3. Worrying too much about different things
4. Having trouble relaxing
5. So restless that it's hard to sit still
6. Easily annoyed or irritable
7. Feeling afraid something awful might happen

Score the following *True* or *False*:

8. Often bothered by feeling down, depressed, or hopeless.
9. Often bothered by little interest or pleasure in doing things.
10. Concerned by feelings (or lack of them) toward my baby.
11. Unable to adequately debrief regarding my birth experience.



Please talk to your GP or call us for an appointment on 8210 9443 if:

- Your Qs 1 - 7 score was 10 or more **or**
- You answered True to 8, 9, 10 or 11 **or**
- You feel you would like further support.

Further ante and postnatal screening is available on our website. Please don't suffer alone. Many families experience these concerns, but things may not improve on their own.