

**IN THE FIRST YEAR  
AFTER HAVING A BABY**



**1 IN 5 MOTHERS EXPERIENCE  
DEPRESSION OR ANXIETY**

**1/3  
BEGIN  
DURING  
PREGNANCY**

**1/4  
ONSET  
PRIOR TO  
PREGNANCY**

## **UNDERSTANDING SIGNS & SYMPTOMS HELPS MUMS & PARTNERS**

The earlier it's diagnosed and effective treatment is sought, the faster the recovery time. Making sure mums and their partners understand the signs and symptoms helps them to know what's going on, and when to seek support.



### **WHEN TALKING TO A MUM ABOUT DEPRESSION/ANXIETY & SUPPORT OPTIONS:**

- Tell her how common depression and anxiety are, especially during and after pregnancy
- Talk to her about the signs and symptoms and what to look out for
- Let her know there are many support options available—through her GP, Mental Health services, counselling or online interventions
- Discuss the benefits of online support like *MumMoodBooster (MMB)*—how it's accessible from home day or night, that it can be used with other support options and she can start and stop as she pleases. Refer to the *Guidelines for clinicians* manual.

# ONLINE TREATMENT ALLOWS ACCESS WHENEVER OR WHEREVER + IT CAN BE SELF-GUIDED

There are many support options available to mums. Online treatment is a great option, it's easily accessible and allows women to access support from wherever they are, at any time they need it. Support can be self-guided and easily fits into their schedule.



## IF MUM SAYS YES:

- Talk her through support options like *MMB* and, if you can, help her to sign up. If online support isn't for her, discuss how to access support another way.
- Always follow-up to see how she is going—feedback will help you to provide the right care.

## IF MUM SAYS NO:

- You can't make her—continue standard clinical care discussing other options that may suit her
- Let her know she can still use online support options and she can always change her mind
- Make sure you still check in with mum regularly and remind her of support options.

## TIPS FOR YOU:

1. Get to know the support options you offer mums
2. Upskill in areas you aren't confident with
3. Be aware of cultural, literacy and socio-economic status of each mum
4. Reach out to your manager if you have a question or need support
5. Always remember that you're doing everything you can! You play such an important role supporting the wellbeing of mum and bub.

**CONTINUE THE CONVERSATION TODAY!**

**EARLIER DIAGNOSIS & TREATMENT = FASTER RECOVERY**