



INFO SHEET

Unit 19 & 22A
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What is Postnatal Depression?

Postnatal depression (PND) is a common mental health condition that can affect women after they have given birth. It is estimated that up to 1 in 10 women will experience PND in the first year after childbirth. Fathers or partners can also experience postnatal depression.

PND is different from the "baby blues" that many women experience after giving birth. The baby blues are a normal emotional reaction to the stress of childbirth and usually go away on their own within a few days or weeks. PND, on the other hand, is a more serious condition that can last for weeks, months, or even years if it is not treated.

The symptoms of PND can vary from woman to woman, but they often include:

- Feeling sad, anxious, or hopeless
- Crying a lot
- Losing interest in activities you used to enjoy
- Feeling irritable or angry
- Having trouble sleeping or sleeping too much
- Losing your appetite or overeating
- Feeling tired all the time
- Having trouble concentrating or making decisions
- Having thoughts of harming yourself or your baby

- Some new mothers experience difficulty connecting with their baby.

There are a number of things that can increase your risk of developing PND, including:

- A history of depression or other mental health conditions
- A personal or family history of PND
- A difficult or traumatic pregnancy or childbirth
- Lack of support from family and friends
- Stressful life events

Effective treatments are available, and you should not suffer alone.



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How can the Centre for Clinical Psychology help with Postnatal Depression?

The Centre for Clinical Psychology provides evidence-based treatments for a range of mental health concerns, including postnatal depression and anxiety. Psychologists at the Centre for Clinical Psychology are highly trained and experienced in using a variety of therapies to help clients manage their symptoms. Our team can also support new parents to develop a connected relationship with their baby. We understand the challenges of early parenthood and trust that all parents are trying their best.

If you or someone you know is struggling with postnatal depression, the Centre for Clinical Psychology can help. To book an appointment, call the clinic on 03 9077 0122 or visit our website at <https://ccp.net.au/booking/> to book online.