

Depression and anxiety are common during pregnancy and in the first year after a baby is born. Up to one in 10 Australian women will experience depression during pregnancy. This increases to one in seven in the year following birth. Anxiety is thought to be even more common and many women experience both anxiety and depression at the same time.

Adjusting to the major life change of parenthood, as well as coping with the day-to-day demands of a new baby, can make some people more likely to experience depression, anxiety or other mental health conditions.

Everyone's experience of pregnancy, birth and parenting is different. If you are feeling excessively worried, overwhelmed, sad, isolated, out of control, panicky or like you are in a black hole, you're not alone.

It's important to recognise the signs and seek support early, for you and your family.

Just Speak Up — talking about these experiences is an important step towards seeking support and feeling better.

**To see more stories of hope and recovery, and share your own, visit [justspeakup.com.au](http://justspeakup.com.au)**

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Just  
speak  
up

**“Our minds are capable of limitless imagery, speaking up about how crappy you feel helps to contain it to words. Words you can accept, own and ultimately gain control of.”**

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Em spoke up about her experience of hope and recovery and shared her story on our website — [justspeakup.com.au](http://justspeakup.com.au)



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### Jane

"My advice would be don't be afraid, come out of your shell and speak up because there is help out there."



### Stacey

"If anyone's feeling sad or depressed or not feeling as though they're enjoying their experience just go and see your GP, speak up about how you're feeling and let someone know what you're going through. Just talk about it and try and get some help."



### Susan

"It's important to find someone to talk to... to find that courage to speak up... and to let someone know. People will help."



### Peter

"It was hard in my job, I had to basically say: I can't travel. I have to be there for my wife and my child. For any father, they are the most important people... if you're not coping, if your wife's not coping, the most critical thing you can do is speak up. Get help."



### Simon

"If a mate of mine came up to me and said 'what do I do?' I'd say: Go and talk to someone — speak up. Chat to someone. Talk to her. Talk to a doctor. Just speak..."



### Jessica

"The most important thing is to get help. To speak up. I know that made all the difference for me. And then I could focus on being a mum and getting to know my baby; which is what it's all about."

