



I spoke up

Em, Mother

“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.”

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.

Em spoke up about her experience of hope and recovery and shared her story on our website. To see more stories of hope and recovery, and share your own, visit justspeakup.com.au



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Jane, Mother

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

Everyone’s experience of pregnancy, birth and parenting is different. If you are feeling worried, overwhelmed, sad, isolated, out of control or panicky; you are not alone.

Jane spoke up about her experience of hope and recovery and shared her story on our website. To see more stories of hope and recovery, and share your own, visit justspeakup.com.au



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