

Perinatal Mental Health Awareness



***Celebrate
the wins***



***Feed
your
soul***



***Talk to
your GP***

Tips to Stress less

These tips can help to relieve some of the stress that expecting or having a new child can bring all parents and caregivers.



Have a laugh



***Take time
for yourself***



***Ask for
support***



***Chat with
adults***

***Get
moving***



Approximately 1 in 5 new and expectant birth parents, and up to 1 in 10 non-birth parents experience perinatal mental health challenges.

Find these tips on our website along with practical ways to incorporate them into your everyday life.

If you feel like you may be experiencing perinatal mental health challenges, more support is available on our website.

pnda.wayahead.org.au