

How to get help:

Talk to someone you trust

OR Contact:

- ⇒ The Early Motherhood Service on:
(03) 5722 0472
- ⇒ Your Maternal and Child Health Nurse: _____
- ⇒ Your Local Doctor: _____
- ⇒ Your Midwifery Unit: _____
- ⇒ PANDA Support Line:
(03) 9428 4600
- ⇒ 24 Hour Maternal & Child Health Line: **132 229**
- ⇒ Wangaratta Community Mental Health: **1300 783 347**

It is important to talk to someone who understands how you feel.

Service Area:

- ⇒ Wangaratta
- ⇒ Benalla
- ⇒ Mansfield
- ⇒ Yarrawonga
- ⇒ Bright
- ⇒ Myrtleford
- ⇒ Beechworth

The Early Motherhood Service PHONE: (03) 5722 0472

Fiona Gladstone & Laura Parisotto



PO Box 386 Wangaratta Vic 3676
Green Street Wangaratta Vic 3677
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Facsimile: (03) 5722 0109
Internet: www.nhw.hume.org.au
Email: enquiries@nhw.hume.org.au

Northeast Health Wangaratta Incorporating:

- Wangaratta District Base Hospital
- WJ Smith Linen Service
- Wangaratta & District Nursing Home
- Psychiatric Services - Kerferd Inpatient Unit
- Medical Imaging



THE EARLY MOTHERHOOD SERVICE

A specialist early intervention service supporting emotional health during pregnancy and early parenthood.



For most women, pregnancy and motherhood is a time of intensified emotions. While motherhood can be a time of great joy and fulfilment, it can also be exhausting, lonely and frightening. This experience is confusing and distressing for both the woman and her family.

Some distressing feelings may be:

- ⇒ Sad or low mood
- ⇒ Anxiety
- ⇒ Frequent tearfulness
- ⇒ Lack of motivation
- ⇒ Tiredness, loneliness, feeling overwhelmed
- ⇒ Problems with eating and sleeping
- ⇒ Irritability and frustration
- ⇒ Difficulty with household tasks
- ⇒ Poor concentration and memory
- ⇒ Fear of harming self or baby
- ⇒ Sense of loss of control
- ⇒ Adjustment difficulties

At times, most mothers experience some of these feelings . If the feelings persist and affect your ability to cope it is important to seek help early.

The Early Motherhood Service

is a free, home-based service for women and families experiencing peri-natal emotional difficulties.

The service provides education, counselling and facilitation of support groups.



How you can help yourself:

- Don't try to be superwoman
- Seek assistance from a health professional
- Have some time out from the baby doing something you enjoy
- Ask for assistance from family and friends
- Learn to manage anxiety with relaxation techniques
- Try to eat well
- Sleep whenever you have the opportunity
- Remember, you must look after yourself in order to look after your baby.

For Partners and Family:

If someone you care about is experiencing emotional distress during pregnancy or after childbirth, it is important that you:

- Listen to her and believe her
- Respect her experience and ask what she needs from you
- Assist with household tasks and child care
- Encourage her to get support or professional help