



Ray Williams MP

Member for Castle Hill

Parliamentary Secretary to the Premier and Western Sydney

MEDIA RELEASE

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LOOKING OUT FOR NEW PARENTS DURING PERINATAL MENTAL HEALTH WEEK

As Perinatal Mental Health Week (November 8-14) gets underway, Member for Castle Hill Ray Williams MP is encouraging expectant and new parents who are struggling to reach out for support.

Mr Williams said 1 in 5 new mums and 1 in 10 new dads experience perinatal depression and anxiety, and parents should know that it is okay to ask for support.

“Becoming a parent can be both exciting and terrifying. While parents can expect normal periods of fatigue, worry or irritability as they adjust to parenthood, it’s really important to talk to your GP if low or anxious feelings persist.”

Minister for Mental Health Bronnie Taylor said that perinatal mental health issues can affect both men and women and this week is also a great reminder for people in the Castle Hill area to look out for others.

“I’m sure many of us have new parents in our lives, so I urge you to use this Perinatal Mental Health week to check in with them, make sure they are well supported and that they know where to get help if they are doing it tough.”

The NSW Government has launched a series of videos and tips for dads whose partners are unwell and unable to take care of their baby while they receive treatment.

To watch the video, read tips and hear from other dads, visit:
<https://www.health.nsw.gov.au/mentalhealth/services/parents/dads/Pages/default.aspx>

To learn more about perinatal mental illness or to access support, please contact the below services:

- Way Ahead Perinatal Programs: <http://pnda.wayahead.org.au/>
- PANDA National Perinatal Mental Health Helpline: 1300 726 306
- The Gidget Foundation: 1300 851 758
- Karitane Careline: <https://karitane.com.au/careline> 1300 227 464
- Tresillian <https://www.tresillian.org.au/> 1300 272 736
- SleepWellBaby app: <https://www.tresillian.org.au/about-us/what-we-do/sleepwellbabyapp/>
- BEING Supported Warm Line: 1800 151 151
- NSW Mental Health Line: 1800 011 511



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