Difficulty adjusting to a new baby in your life

Depression and anxiety signs and symptoms

The sign and symptoms of depression during pregnancy and following birth are the same as experienced at other times in life and can range from mild to severe. It is important to seek the help of a health professional if you are experiencing some of the following symptoms for more than a few days, to assess whether you are experiencing depression:

- Low mood and often feeling tearful
- Feeling inadequate, worthless, hopeless, helpless, like a failure, guilty, ashamed, empty or sad
- Feeling resentful, angry or irritated (especially by those close to you)
- Fearful for the baby, of the baby, being alone with the baby, going out with the baby
- Sleeping too much or having difficulty sleeping
- Not eating or eating too much
- Difficulty coping with daily routine, not looking after yourself properly
- Lack of motivation, lack of energy or feeling exhausted
- Withdrawing from family and friends and activities you usually enjoy
- Poor concentration and memory
- Difficulty making decisions or thinking clearly
- Feeling overwhelmed, wanting to escape or get away from everything
- Thinking about harming yourself or taking your own life.

Support & resources

If you are feeling down or anxious you should talk with your Midwife, Child and Family Health Nurse, GP, obstetrician or another professional involved in the care of you and your baby. They can help make sure you get support and help to feel better.

You may also access support via telephone help lines or websites. Some are local to South Australia and some are national. Confidentiality and safety is always respected with the highest importance.

PANDA - Postnatal and Antenatal Depression Association: 1300 726 306

beyondblue:1300 224 636

Child and Youth Health Parent helpline: 1300 364 100

Pregnancy birth and baby helpline: 1800 882 436

Lifeline:13 11 14

BUMP& BEYOND