

Ways to help yourself

If you feel sad or stressed after having a baby, there are things you can do:

- talk to family like Nanna or Auntie
- talk to friends
- look after your health and eat healthy food
- make time for yourself, even just for a short time each day
- do something you enjoy to relax
- sleep or rest when the baby is sleeping
- tell someone you trust how you feel, so they know you need extra support
- sometimes counselling and medication can help.



You can also get help from an Aboriginal health worker, doctor or child health nurse.

For more information contact your local:

- **Aboriginal Health Worker**
Ph: _____
- **AMS**
Ph: _____
- **Child Health Nurse**
Ph: _____
- **Doctor / GP**
Ph: _____
- **Pregnancy, Birth and Baby helpline**
Ph:1800 882 436

WA Perinatal Mental Health Unit
Women and Newborn Health Service

This document can be made available
in alternative formats on request for
a person with a disability.



Government of **Western Australia**
Department of **Health**

Mum's Guide

Social and emotional wellbeing



HP010457 JAN'13 © Department of Health 2013

When you have a new baby

Photographs courtesy of KEMH Medical Illustrations,
Madeleine Grey and Serena Ryan

When a baby is born, you will feel lots of different emotions.

You might feel happy and excited or you might feel worried or sad.

These feelings are normal when you have a new baby.

For a few days after the baby is born, you might feel angry, stressed or anxious. You also might cry a lot.

After having a baby, it's common for mums to feel this way.

Some mums will start to feel better after a couple of days, but you might feel stressed and sad for longer. This might be "postnatal depression".

Other people can be affected too

If you're feeling sad and need help, it's important to talk to someone you trust.

You can talk to family, friends, a health worker or a doctor.

Sometimes, you may need extra support or practical help.

It might help to ask someone to look after the baby – even for an hour – so you can rest.

