



Useful Links



Early Parenting Practitioner

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Supporting Families after Traumatic events - Bushfires.

If you or someone you know has a family with young children who have recently been affected by the recent bush fires, there are valuable resources available to help you and your family support your little ones in understanding the impact of these events. Traumatic incidents like these can significantly affect young children's mental health. Children are highly perceptive; they observe, feel, and absorb everything around them. They also cope in different ways, which may manifest as challenging behaviors, stomachaches, or withdrawal.

The resource links below, will assist families in finding effective ways to support their children's mental well-being during these difficult times.

- <https://www.adimh.org.au/resources/resources-for-families-affected-by-fires/>
- <https://earlyconnections.org.au/social-story-bush-fire/>
- <https://www.youtube.com/watch?v=C2WLFIC4fRs>
- <https://www.instagram.com/yellow.gum.psychology/>

Perinatal Mental Health Resources

Becoming a parent, whether for the first time or again, your mental health is just as important as bringing a new life into the world.

'Perinatal mental ill-health refers to any mental health condition affecting the mood, behaviour, wellbeing and/or daily function of an expecting or new parent.

The term 'perinatal' refers to the time from conception and pregnancy through to the first year after birth. 'Antenatal' refers to pregnancy up until the birth. 'Postnatal' refers to the first year after birth.

Perinatal mental health affects around 100,000 families across Australia every year.

Perinatal anxiety and depression are common, but they are also treatable.

1 in 5 expecting or new mothers and 1 in 10 expecting or new fathers will experience perinatal anxiety and/or depression symptoms. Other perinatal mental health challenges like postnatal psychosis are less common than anxiety or depression, but all perinatal mental health issues respond well to treatment and there's strong hope for recovery. Left untreated, perinatal mental health can have long-lasting impacts on parents, partners, babies and families.

The key to accessing effective mental health support is being able to recognise the signs that you're not coping - and finding the courage to ask for help.

Mental health support might be:

Talking to your partner or another support person.

Speaking to a trusted health professional.

Calling PANDA's National Helpline.' (direct quote from Panda,2025,

<https://www.panda.org.au/articles/what-is-perinatal-mental-ill-health>)

Sometimes it is hard to recognise when we are struggling with our mental health, especially when we are in the thick of sleep deprivation and survival mode, living day to day with little ones. Infants and toddlers can often sense our emotions, which can make them more unsettled and affect their sleep.

As the saying goes, “You can’t pour from an empty cup.” Therefore, it is crucial to meet your own emotional and physical needs just as you meet the needs of your baby or toddler.

There can sometimes be a lingering feeling of shame associated with mental health struggles, along with feelings of isolation and the overwhelming burden of anxiety and stress that cloud our clarity of thinking. It’s common to feel uncertain about where to seek help when you realise you are not okay. Remember, it’s okay not to be okay! It takes bravery to seek support.

For additional support, please contact your GP or maternal child health nurse. If you are in crisis, call 000.

Online Mental Health resources:

<https://forwhenhelpline.org.au>

<https://www.mumsmatterpsychology.com/>

<https://www.mumspace.com.au/about-mumspace/>

<https://www.panda.org.au/>

<https://www.panda.org.au/get-support/support-dads>

<https://www.piri.org.au/programs/mummoodbooster-online-treatment/>

<https://www.piri.org.au/programs/dadbooster-online-treatment/>

<https://www.cope.org.au/new-parents/>

<https://www.bhs.org.au/services-and-clinics/mental-health-services/parent-infant-unit/>