

PRESS RELEASE

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Postnatal depression affects one in seven women following childbirth in Australia. Studies have revealed that mothers of multiples have almost twice the average risk of postnatal depression. Anxiety disorders are also common and can occur alone or with depression. Fathers and partners can also experience mental health problems around this time.

The aim of Postnatal Depression Awareness Week is to promote awareness of antenatal and postnatal depression and encourage new and expectant parents to seek help early and break down some of the stigma surrounding this common health issue.

Chairperson of the Australian Multiple Birth Association said, “We know that there is evidence that being involved in a support group can have benefits to mental health and coping skills of parents so we really encourage parents with multiples to join their local AMBA club and to take advantage of AMBA’s forum if they can’t get out of the house.”

Peter from AMBA’s forum said, “I suffered from depression after the birth of our children. I felt isolated. The help and support I found through the AMBA forum was invaluable in my steps to recovery.” Jane also uses the forum and said, “When I discovered the forum, it was like I didn’t have to hide what I was really going through anymore. On the forum I found that I could open up about my journey with PND in a way that I couldn’t in real life. The PND journey can be a very lonely one, so having a place I felt safe was so important to help me through to a place where I felt OK. I love now that I can give back to others in the same way and let them know that they will be OK.”

People wishing to join AMBA can search for their local club via the AMBA website and join the forum www.amba.org.au. Additional resources for perinatal mental health can be found by visiting www.beyondblue.org.au, www.justspeakup.com.au or www.panda.org.au.

ABOUT/BIO

The Australian Multiple Birth Association (AMBA) is a not-for-profit organisation comprising of multiple birth families. The organisation provides support, resources and education to multiple birth families from “those who know”.

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