

# Parent Wellbeing Tip Sheet



## Mental Health

Caring for a baby can be a confusing, exhausting and demanding job. It can be upsetting if your baby is unsettled and you are unsure why. It can also be hard to cope if you don't have emotional and financial support. Sometimes your emotions will run rampant and it can be difficult to know if these feelings are normal or not.

It is important, for both your own sake and that of your family, to identify whether or not you could be suffering from a mental health problem and, if you are, to seek help.

You might be at a greater risk of developing Mental Health problems if you have:

- a personal or family history of mental health problems
- a current mental health disorder
- alcohol or drug problems
- a current or past history of abuse (physical, emotional, sexual?)
- suffered a stressful or negative life event recently

It is always best to prepare yourself for parenting – read books, talk to family and friends, and plan ahead. However, remember that you can't prepare for everything and mental health problems can happen to anyone. Talking about your feelings can be the first step towards feeling better.

If you are concerned for your mental and emotional health, have a look at beyond blue's symptom checklist: [http://www.beyondblue.org.au/index.aspx?link\\_id=103](http://www.beyondblue.org.au/index.aspx?link_id=103)

If you find that you are exhibiting symptoms of any mental health disorder seek help from a professional. Some options include:

- Your local GP. Phone numbers are located in the White Pages.
- Your local public hospital.
- Lifeline – 13 11 14
- Kids Help Line (free) – 1800 55 1800
- Mensline – 1300 789 978