

Signs & Symptoms of Perinatal Depression & Anxiety

Understanding the potential signs and symptoms of perinatal depression and anxiety is an important first step in seeking the right help. If you or a loved one are showing signs of the below, it may be a good time to reach out for support.

Signs of Perinatal Anxiety

Fear that stops you from going out

Physical Sensation
e.g. tight chest, tense muscles

Irritability & agitation

Cannot relax easily

Panic attacks

Intrusive thoughts

Constantly checking on baby

Signs of Perinatal Depression

Guilt or teariness

Feeling hopelessness

Sad persistent low mood

Thoughts of self-harm or suicide

Sleep issues
(not related to baby)

Loss of appetite

Lack of motivation

*What you need,
when you need it*

We're here. Visit pmhw.org.au