Perinatal
Mental Health Week
22–28 November 2026

Signs & Symptoms of Perinatal Depression and Anxiety (PNDA)

PNDA can look different for everyone.
Noticing changes in an important first step to getting support.

Perinatal Depression

Signs of depression may include ongoing sadness, teariness, guilt, hopelessness or feeling disconnected from yourself or your baby.

You may also notice changes in sleep or appetite, low motivation, or thoughts of self-harm.

If you, your baby or someone else is in immediate danger, call 000 for emergency services.

Perinatal Anxiety

Signs of anxiety may include feeling constantly worried, on edge, irritable or unable to relax.

You might also notice panic attacks, racing thoughts, intrusive thoughts, physical tension, or checking on the baby again and again.

If something doesn't feel right, you don't have to wait.
Support is available

Hold The Parent

Every parent deserves support.
Discover how to hold the parents in your community at

pmhweek.org.au