Perinatal
Mental Health Week
22–28 November 2026

What does it mean to hold the parent?

It means asking ‘How are you REALLY going?’, not just ‘How’s the baby?’

It means making space for the things parents may not always say out loud, such as ‘I don’t feel like myself’

It means listening without judgement. Supporting without fixing. Checking in without waiting to be asked.

It means reminding parents: You matter too. You don’t have to do this alone.

If you or a parent you know is struggling, visit *pmhweek.org.au* and head to the ‘**Find Support**’ button to get started.

Hold The Parent

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

pmhweek.org.au