In the perinatal period, support naturally centres on the baby. But parents need holding too.

Perinatal Mental Health Week
22–28 November 2026



Hold The Parent

Each year, **1 in 5 mums** and **1 in 10 dads** experience perinatal depression and anxiety. That's around **100,000 Australian parents** who may need someone to hold them through it.

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

pmhweek.org.au