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

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Not every parenting journey unfolds as expected. Yet every parent deserves support, understanding and care.

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Hold The Parent

Those experiencing infertility challenges and loss also need care, connection, and someone to hold them through it.

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Perinatal Mental Health Week Partners

A Brave Life
antenatal & postnatal psychology network
Aurora Belmont Private Hospital
Australian College of Midwives
AFRC Australian Fatherhood Research Consortium
Australian Multiple Birth Association
bears of hope Pregnancy & Infant Loss Support
BecomingUs
Beyond Fertility Frontiers
Birthing Dads
BirthTrauma Australia
caring mums Powered by NCJWA VIC
Centre for Perinatal Psychology Helping you towards parenthood
COPE Centre of Perinatal Excellence
DG Dads Group
DADSPACE
diginostic Perinatal Digital Health Screening
ForWhen
Gidget Foundation Australia
Healthy Male Generations of healthy Australian men
the held project.
In Memory of you
it's from elsie
Jean Hailes for Women's Health
KARITANE Partnerships made for parents
life's little treasures foundation Supporting Families of Premature & Sick Babies
Little Sparklers Empowering families, sparking change
MAMA Tribe
Minderoo Foundation
miracle babies Foundation
Miscarriage Australia
Miscarriage Information Support Service (MISS)
Motherhood Village
MOTHERLAND
Mum for Mum Supporting the transition to parenthood
MUMS MATTER Bulk-billed psychology
MUM space
mum walk
ngala
PANDA
Parent-Infant Research Institute
Peach Tree Perinatal Wellness
perinatal wellbeing centre
PCL Women talk, we listen ... 1800 777 690
Playgroup nsw
pregnancybirth&baby
Prepared Dad Foundation
RAISING FATHERS
Radiance
red nose
Red Tree Foundation
SMS4dads
St John of God Burwood Hospital
STILL AWARE stillaware.org
Stillbirth Centre of Research Excellence
Stillbirth Foundation Australia
Suicide Prevention Australia
the fathering project Changing Children's Lives
TFFP The FIFO Family Project
The Marcé Society
The Nurtured Village Hampers
the pink elephants support network
The Still Nest
THIS WAY UP
Through the Unexpected
Tresillian It's in our nature to nurture
Triple P Positive Parenting Program
tweddle child & family health service since 1920
WHITE CLOUD Foundation
Women's Mental Health Australia
yourtown powering kids helpline

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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.

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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

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