

Contact details

Perinatal Emotional Wellbeing Service
Phone: 4433 9480 | Fax: 4433 3001

If you have immediate concerns about the safety of you or your baby, contact triple zero (000) in an emergency.

Other useful services and contacts

Child Health Nurse	4433 9000
13 HEALTH (24 hours)	13 432584
Lifeline (24 hours)	13 11 14
Beyond Blue info line	1300 224 636
Parent line	1300 301 300
Perinatal anxiety and depression Australia (Panda)	1300 726 306
Pregnancy, Birth and Baby Helpline	1800 882 436
Gidget	1300 851 758

Websites

Queensland Centre for Perinatal and Infant Mental Health
www.childrens.health.qld.gov.au/our-work/queensland-centre-for-perinatal-and-infant-mental-health

Perinatal Anxiety and Depression Australia
www.panda.org.au

Australasian Birth Trauma Association
www.birthtrauma.org.au

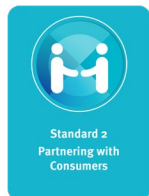
Centre of Perinatal Excellence
www.cope.org.au

Beyond Blue
www.beyondblue.org.au

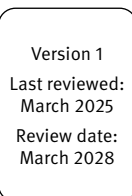
Information about mothers/fathers and babies
www.mothersmatter.nz
www.mumspace.com.au
www.sms4dads.com.au

Perinatal Emotional Wellbeing Service

Information for consumers and families



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Queensland
Government

Perinatal Emotional Wellbeing Service

We are a community-based service that works with people experiencing moderate to severe mental health concerns before, during and after pregnancy.

We work with your GP, local mental health services, birthing hospital, midwives, and community health services to support you, your baby and family.

We can help with assessment, diagnosis, short term follow up and treatment which may include:

- Psychological support
- Medication
- Linkage to community support and group programs
- Linkage to child health services
- Education support.

What is Perinatal Mental Health?

The period from pregnancy until two years after the birth of your baby is called the perinatal period. During this time, women and their partners are vulnerable to mental illness for lots of reasons including:

- Changes to your body and hormones
- Changes to your sleep
- Changes in self-identity and lifestyle
- Stress and worry related to pregnancy, birth, and your baby
- Less contact with other people including your supports.

Planning on becoming pregnant?

If you have a mental illness, even if you are no longer having symptoms, it is important you talk to your GP before you fall pregnant if possible, or as soon as possible in your pregnancy. Your GP can help you plan for looking after your mental health and your baby during the perinatal period.

Do you experience any of these?

- Strong feelings of worry often about the health or wellbeing of your baby
- Feeling consistently sad, low, or teary
- Feelings of intense anger or rage
- Not enjoying things that normally make you happy
- Not being able to relax
- Difficulty sleeping that is not related to your pregnancy or baby's needs
- Withdrawing from or staying away from your family and friends
- Having trouble concentrating or remembering things
- Feeling afraid of being alone with your baby
- Confused thoughts, feeling paranoid about things and being unsure what is real or not real
- Feeling helpless or worthless
- Thinking about harming yourself or your baby.

When should you ask for help?

If you have symptoms that continue after a couple of weeks, or that are very distressing, it is important to let someone know and seek help. Help is available, and the sooner you receive help and treatment, the sooner recovery is possible. Getting help early is the best for both you and your baby.

If you are thinking about harming yourself or your baby, or thinking about death or suicide, it's important to tell someone and get help straight away.

How to access our services

Speak to one of the following health professionals, and ask to be referred to our service:

- GP
- nurse/midwife/obstetrician
- psychiatrist, psychologist, or mental health clinician
- any other trusted health professional.