


“
YOU
CAN'T POUR
FROM AN
EMPTY CUP.

*Take care of
YOURSELF
FIRST.*

”



Anxious,
depressed or
worried as a
mother in the
perinatal years?

MENTAL HEALTH AND WELL-BEING

Support for Women

The perinatal period (from conception through to the early years of life) is one of the most significant and exciting times of a woman's life.

We also know that it can be a time when women experience a high level of anxiety, depression and other mental health concerns. It is important for you to seek support early.

- Individual Counselling
- Minimal Wait Time
- Low Cost fees
- Low Cost On-site Creche
- Compassionate and Professional Counsellors and Psychologists
- Mental Health & Well-being Groups
- Circle of Security Group – enhancing attachment and security between parents and children
- Mums Support Group

WHAT TO DO NEXT?

Phone us on
(08) 9550 0900

to find out more
information or make
an appointment.

OR

Ask your Doctor or
other service organisation
to send us a Letter of
Referral and then we
will contact you.

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**South
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HEALTH & COMMUNITY SERVICES

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