



(Post and Ante Natal Depression Support and Information Inc.)

MEDIA RELEASE

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Long standing President of PANDSI steps down

Dr Marian Currie has moved on after 12 definitive years as the PANDSI (Post and Ante Natal Depression Support and Information) President. She has overseen the growth of the organisation from its early days to the well-respected early intervention service that it is today.

'It's bitter sweet to be resigning' explains Dr Currie 'but it's time for the next generation to take the reins and continue to lead PANDSI along the path of supporting Canberra families when they need it most'.

PANDSI's new President Christine Spicer states 'Marians are huge shoes to fill, but she ensured that PANDSI was left in a strong position and that the transition will be smooth. With a 20% increase in clients this year there is still plenty of work to be done'.

'My drive and passion for PANDSI is for individuals and families coping with ante or postnatal depression to get support to help them. While pregnant with my first daughter and after her birth I had depression, and no one suggested I contact PANDSI'.

Having served on the Board for two years, and learning more about PANDSI and the many services they offer Christine realises how different that period in her life would have been if she had contacted PANDSI. 'I did an internet search and discovered PANDSI, but I didn't have the courage to make contact. PANDSI needs more community and business support, I want Canberrans to be aware of PANDSI and proud to support us, from our hard working local small business owners to the large organisations that call Canberra home'.

Christine explains 'my drive is to ensure that everyone across Canberra is aware of PANDSI and the programs they offer to help families understand their perinatal depression and the strategies they offer to cope and recover. Perinatal depression and anxiety affects up to 20% of all new parents and it is important to remove the stigma that surrounds these mental health issues.

Dr Marian Currie and Christine Spicer are available for media contact. Christine's children can be included in photos.

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