



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

MEDIA RELEASE

Perinatal Depression and Anxiety (PNDA) Awareness Week Nov 15-21

As Perinatal Depression and Anxiety (PNDA) Awareness Week kicks off on November 15th, the goal of Canberra-based perinatal support service, PANDSI, is to raise awareness that anxiety can be just debilitating as depression in the perinatal period.

Canberra mum, Linda Grose, was one of about 250 Canberra parents who sought the services of PANDSI this year. Linda experienced symptoms of depression, as well as anxiety and panic, after the birth of her baby, Benjamin.

“Every time (Benjamin) cried, I would go rigid, and my heart would race and my breathing would be super shallow. I felt frozen. I couldn't move, or do anything,” Linda recalled.

Polly McIntyre, CEO of PANDSI, stated that many women feel they cannot connect with services such as PANDSI because they do not have “depression”. But many PANDSI clients experience anxiety and research suggests that anxiety is just as common as depression.

ANU researcher and PANDSI board member, Dr Liana Leach, has confirmed this view. Her recent research reviewing the studies available has shown that anxiety is common for both women and men, both during pregnancy and the postnatal period.

Canberra-based dad, Trevor Christie-Taylor, is one such father who experienced intense anxiety on the birth of his son. “I am not really an anxious person but those first six months following my son’s birth I was constantly anxious; worrying that he would die or get sick ,” Trevor said.

In order to raise awareness of PNDA in Canberra, PANDSI will be hosting a number of key events in PNDA Awareness Week from Nov 15-21st including “Morning Tea for PND” at the Legislative Assembly on 19th November. It will feature activities and demonstrations for parents and little people.

Further information and contacts

- For more about PANDSI’s PNDA Awareness Week events, go to www.pandsi.org.
- A full account of Linda Grose’s story can be found in an article by award-winning journalist, Ginger Gorman on the Her Canberra website at www.hercanberra.com.au.
- For further information about PANDSI events and services, contact Polly McIntyre (CEO, PANDSI): 6287 3961 polly@pandsi.org
- For further information about that latest research into perinatal anxiety, contact Dr Liana Leach (ANU researcher and board member): 6125 9725 Liana.Leach@anu.edu.au
- Linda is available for interview on 0451 795 515 and Trevor on 0409 046 601