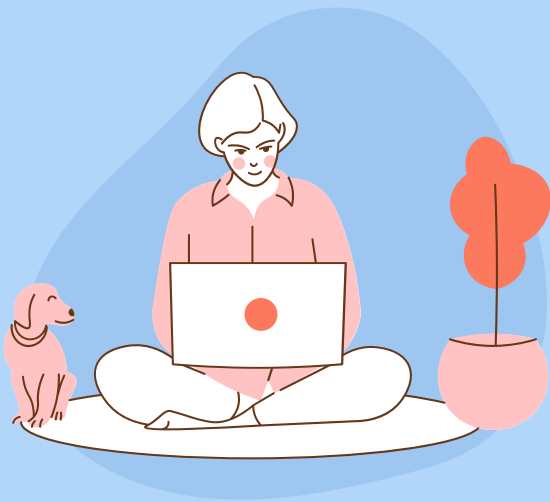


About Perinatal Mental Health

It's normal to feel worried, overwhelmed, or sad during your pregnancy or the first year after childbirth. For some women, however, these painful thoughts and feelings can develop into anxiety or depression. Fortunately, perinatal anxiety and depression are very treatable, and most women who seek help get better.



Online Treatments for Perinatal Anxiety and Depression



Women with perinatal anxiety and depression can significantly benefit from internet-delivered Cognitive Behaviour Therapy (iCBT). Just like face-to-face therapy, iCBT can teach you strategies for managing the difficult thoughts and feelings that can come with pregnancy and new motherhood. iCBT is also accessible from most devices, meaning that you can access treatment at a time and place that suits you.

What do these programs involve?

The Pregnancy and Post-Natal Programs by THIS WAY UP are evidence-based iCBT programs. Across three lessons each, these programs will teach you:



How depression and anxiety work



Strategies for managing unhelpful thoughts



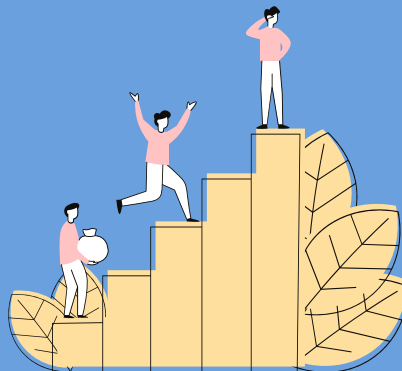
How to navigate anxiety-provoking situations



How to deal with uncertainty



Skills for building confidence



We're here to support you on your journey to better mental health. Learn more about the Perinatal Mental Health programs at thiswayup.org.au