




www.smilingafterpnd.com



“Postnatal depression affects up to 1 in 5 new mums and 1 in 10 new dads”

Postnatal depression is a common mental health condition. The onset can be any time in the first year after birth. Symptoms can include:

- a depressed mood
- overwhelming feelings of anxiety
- emotional and physical exhaustion
- tearfulness for no apparent reason
- in some cases dark thoughts, plans or actions that intend you harm
- feeling numb and worthless, empty and sad
- sleeplessness

“\$877 million: Annual Cost of Perinatal Depression and Anxiety in Australia”

Postnatal depression impacts the parent, the child, the wider family and the community. According to an analysis prepared by PricewaterhouseCoopers (PwC) in 2019*, Perinatal depression and anxiety costs Australia \$877 million annually. The economic costs alone equal \$643 million as a result of productivity losses associated with increased workforce exit, absenteeism, presenteeism and carer requirements. An understanding of the cost and impacts of perinatal anxiety and depression to Australia, will hopefully assist with raising awareness to ensure that families receive the support they need at such a crucial time of their lives.

* The Cost of Perinatal Depression and Anxiety in Australia. PwC Australia analysis prepared for Gidget Foundation Australia. The analysis was produced with contribution from Gidget Foundation Australia, PANDA Australia, Peach Tree Perinatal Wellness and Perinatal Wellbeing Centre. Together, these four leading perinatal mental health consumer organisations have formed the Perinatal Mental Health Consortium.





Meet Josie Smyth

Josie Smyth is a Melbourne mum of two and a passionate mental health advocate. Josie experienced postnatal depression twice and is currently living with Generalised Anxiety Disorder (GAD). Josie has spent the last five years speaking at maternity hospitals, childcare centres, charity events, gymnasiums and maternal child health centres. Josie has also appeared in the media to break down shame and stigma, raise awareness about mental health and encourage help seeking.

In her spare time, Josie participates in mental health research, is a volunteer with Perinatal Anxiety and Depression Australia (PANDA) and a Gidget Foundation Angel.

“Caring and educating children is something that all our educators are passionate about, but this just doesn’t stop with the children it includes their parents, the most influential people in children’s lives. This year we were fortunate to have Josie come and talk to our staff team about PND and the role we can play. Josie’s presentation was very real, heartfelt and honest as well as providing us with strategies and the courage to initiate conversations. As a staff team we are more informed about what to look for, and how we can help. As an organisation we have implemented some changes to ensure that we are checking in with all new mum’s and dad’s - these changes can potentially make a significant impact in many lives. Thanks Josie - we would not be doing this without you.”

Christine O’Reilly - Centre Director - Auburn Kindergarten and Child Care Centre.



One hour workshop with Josie – \$300

Designed to encourage conversations around postnatal depression in the workplace. A bespoke workshop provides you with the tools and strategies to help identify and support those who might be affected by PND.

Suitable for businesses or organisations with:

- Expecting parents
- Mums returning from maternity leave
- Health professionals
- Mothers' groups

Your business or organisation will:

- Learn about perinatal anxiety and depression and who it affects
- Discover the impacts of the illness and what it feels like to have PND
- Learn to look out for the signs and symptoms
- Become more informed about PND and help break down the shame and stigma associated with the illness
- Discover how to engage in support services and find out what recovery looks like
- Learn how to start conversations around PND
- Learn how to support those who may be affected by PND by showing compassion and empathy

Josie Smyth in the media

<https://gidgetfoundation.org.au/nine-news-melbourne-gidget-house-clayton/>

<https://www.panda.org.au/another-baby-after-postnatal-depression>

<https://gidgetfoundation.org.au/our-stories/josie-smyth/>

<https://www.heraldsun.com.au/leader/inner-east/mothers-group-cancellations-in-boroondara-causing-concern/news-story/25af951f86b1f8184dadbc7dfb8abe03>

<http://www.heraldsun.com.au/leader/west/sunshine-mum-hopes-other-mothers-can-learn-from-her-struggle-with-postnatal-depression/news-story/62b42c14428bd2a1093cba94664404b1>

<https://stonningtonboroondarakids.com.au/2019/09/12/breaking-down-the-stigma-of-post-natal-depression/>

<https://mamadisrupt.com/learning-to-smile-again-after-pnd/>

<https://thenaturalparentmagazine.com/smiling-after-pnd-supporting-women-through-postnatal-depression/>



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