



Sunraysia PND Planning Forum
 'Keeping postnatal depression on the agenda!'

2009 Forum Events

1. **PND Conference**
4 June 2009
2. **PANDA Dinner with the SPNDSN**
4 June 2009
3. **Community Morning Tea on PND**
5 June 2009

Bookings and enquiries:
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Inaugural Sunraysia Postnatal Depression Forum

"Connecting, sharing, learning."

A series of three events presented by the Sunraysia PND Planning Forum*

*a cooperative network comprising: Mildura City Council; Best Start, Maternal Child Health, Mildura Base Hospital; Primary Mental Health, Maternity / Midwifery, DOM Nurse ; Breast feeding and parenting support service; Sunraysia Post Natal Depression Support Network Inc; Northern Mallee Primary Care Partnership.



Want to know more about postnatal depression (PND)?

Have you been affected by postnatal depression? Do you want to know how to help someone close to you who has postnatal depression?

Statistically, more than 15% of Australian women and 10% of men (yes men!) will suffer post and/or antenatal depression.

With an annual birthrate of around 1000 in the Mildura Rural City Council area, this equates to around **150 mothers** and **100 fathers** in our region who are likely to be affected each year.

Postnatal depression does not only affect mums and dads. The families and friends of women with postnatal depression can often feel helpless and unsure of what to do.

To help lift the veil on this little discussed topic, the Sunraysia Postnatal Depression (PND) Support

Network will host a **Community Morning Tea on PND on Friday 5 June.**

Guest speakers, Belinda Horton and Louise Khanbashi from the Melbourne based Post and Antenatal Depression Association Inc (PANDA) will provide **information on PND** (its incidence, causes and treatment), **self help strategies**, tips on **how to help someone with PND**, **survival tips** for families and friends, and an overview of the **services provided by PANDA.**

Information will also be available on local PND services and initiatives and **where to find help in Sunraysia.**

P.S. If you suspect you have postnatal depression you need to know that: you are not alone, you are not to blame, and most importantly you will get better! Talk to your GP or Maternal and Child Health Nurse ASAP!

Community Morning Tea on PND

- When:** 10.00am—11.30am, Friday 5 June 2009
- Where:** Benetook Room, Alfred Deakin Centre, Deakin Avenue, Mildura
- Guest Speakers:** Belinda Horton and Louise Khanbashi PANDA
- Cost:** Free (refreshments included and children's activities provided by Mildura Toy Library)
- Registrations to:** Helen Cain, Northern Mallee Primary Care Partnership. Email: hcain@schs.com.au, phone: 5021 7671 by 29 May 2009

*If you need to know more about PND don't miss out on this morning tea!
 10.00am Friday 5 June 2009*

