

# Sunraysia Postnatal Depression Support Network Inc.

Essential Information...keep this on your fridge!



*You are not alone...  
You are not to  
blame...  
You will get better!*

## Where to get help and further information...

### General PND advice and information:

[www.sunraysiapnd.org.au](http://www.sunraysiapnd.org.au)

With links to...

### **PANDA**

Post and Antenatal Depression Association  
Melbourne

[www.panda.org.au](http://www.panda.org.au)

**PANDA Helpline: 1300 726 306**

(open from 9.30am - 4.30pm, Monday to Friday)

### **BEYOND BLUE**

[www.beyondblue.org.au](http://www.beyondblue.org.au)

**Info Line: 1300 224636**

**ELAINE HANZAK** [www.hanzak.com](http://www.hanzak.com)  
(a very informative website)

### After hours and emergency assistance:

**Mildura Base Hospital Mental Health**

**After Hours Line:**

1300 366 375

**Maternal and Child Health Line: 132 229**

**Parentline: 132 289**

**Lifeline: 131 114**

**Lifeline Suicide Helpline: 1300 651 251**

**Nurse on Call: 1300 60 60 24**

**Mensline: 1300 789 978**

## Our tips for feeling better...

- **Ask** for and accept help from family and friends.
- **Be informed.**
- **Talk** to other people.
- Get plenty of **exercise** (go for a walk...)
- **Go outside** into your garden or a nearby park, nature and fresh air can help.
- **Remember** that 'you are not alone, you are not to blame, you will get better!'
- **Make a list** of the things that make you feel better and do one thing on the list each day.
- **Eat well** (even if you have to force yourself).

These **foods** are recommended for people with depression\*:

### • **Omega and fatty acids:**

Deep sea fish like tuna, salmon and swordfish.

### • **Serotonin rich foods:**

Vitamin D (cod liver oil & sunshine, Vitamin B6, sunflower seeds, almonds, bananas, mangoes, avocados, broccoli, turkey, Magnesium (as in Camomile), Ginseng.

### • **Vitamin B9: Folate or Folic Acid**

Beans, chick peas, lentils, asparagus, spinach, liver, leafy green vegetables.

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