



## Prioritising Mental Health – Perinatal Mental Health and Wellbeing Program

The Government will support the mental health of expectant and new parents through an innovative Perinatal Mental Health and Wellbeing Program. The program will improve the range of services available to better support the women and families affected by perinatal mental illness, or experiencing grief after the death of a child. It will deliver innovative screening and treatment approaches, improved access to perinatal mental health support and treatment, and increased community awareness of perinatal mental health issues.

Dedicated perinatal mental health support, perinatal loss and bereavement peer support, and perinatal mental health promotion and training will be delivered by trusted organisations right across Australia. This will complement the work being done by Primary Health Networks in ensuring tailored local perinatal services are available on-the-ground in every community.

### Why is this important?

The impending birth and arrival of a baby—the perinatal period—brings incredible joy as well as new challenges and responsibilities which can be overwhelming. It is estimated that 100,000 people are affected by perinatal depression and anxiety each year. One in 10 women experience this while pregnant and one in seven in the year after birth. Men can also experience perinatal mental illness, with about one in 10 expectant and new fathers experiencing depression, anxiety or other forms of emotional distress in the perinatal period. Appropriate supports for families experiencing grief following the death of a child is an important element in the prevention and early intervention of perinatal mental illness.

This funding will build on the Government's continued commitment to care for new and expectant parents.

### Who will benefit?

People who are living with, or at risk of, perinatal mental illness will benefit from better screening and treatments and improved access to services, where and when they need them.

### How much will this cost?

This will cost \$43.9 million from 2018–19 to 2024–25.