

Your Weekly Medical Advice

by Pilate Ntsuke

"Committed to the care of our patients and community"



Clinic Hours

Monday – Friday 8am-6pm

Saturday 9am – 5pm

Phone (ALL HOURS) 5795 2011

Emergency clinic

Sundays and public holidays 9am – 11am

(in our rooms @ Euroa Health)

Phone 5795 0200

Postnatal Depression

Postnatal depression (PND) is a depressive disorder that usually occurs during the first few weeks or months of having a baby. Even though this is commonly associated with mothers, fathers can also develop depression before and after the birth of a child. The range of symptoms experienced depend on the severity of the depression and may include, among others; feelings of inadequacy and guilt, negative thoughts, feelings that life is meaningless, fearfulness and irritability, low self-esteem and lack of confidence. Specific causes of PND are unknown; however, precipitating factors may include physical, emotional and social changes that come with being a parent.

Support from a partner, family and/or friends are often helpful for someone with PND. However, occasionally parents may need counseling and sometimes medication to manage their PND. Further information about PND for parents can be sought from your local GP, maternal and child health nurse or a community health centre.

We would appreciate your feedback or topics you would like to hear about at business.manager@emfp.com.au