

## Postnatal depression & anxiety: new ways of understanding & responding effectively to risks. A webcast for professionals working with new parents 19<sup>th</sup> October 2016

### What Were We Thinking!

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### References – Professor Jane Fisher

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12. Whooley Questions: Antenatal and postnatal mental health: clinical management and service guidance (National Institute for Health and Care Excellence) <https://www.nice.org.uk/guidance/cg192>

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<https://thewomenspbmg.org.au/>
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<http://www.mercyhealth.com.au/Documents/psychotropic%20drugs.pdf>
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<http://www.sign.ac.uk/pdf/sign127.pddf>
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<http://www.rcht.nhs.uk/DocumentsLibrary/RoyalCornwallHospitalsTrust/Clinical/Neonatal/MaternalUseofSSRIsNeonatalClinicalGuideline.pdf>
7. Risks of Postnatal Depression, Perinatal Anxiety and Depression Australia  
<http://www.panda.org.au/practical-information/about-postnatal-depression/31-risks-of-postnatal-depression>

### Further resources

1. Perinatal Anxiety and Depression Australia (PANDA)  
[www.panda.org.au](http://www.panda.org.au)
2. BeyondBlue Perinatal Clinical Practice Guidelines  
<https://www.beyondblue.org.au/health-professionals/clinical-practice-guidelines>
3. Black Dog Institute emhPrac  
<http://www.blackdoginstitute.org.au/healthprofessionals/index.cfm>
4. Raising Children's Network  
<http://raisingchildren.net.au/>
5. Life's Little Treasures – for families with premature infants  
[www.lifeshlittletreasuresure.org.au](http://www.lifeshlittletreasuresure.org.au)
6. Australian Breastfeeding Association  
[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)
7. Playgroup Australia  
[www.playgroupaustralian.org.au](http://www.playgroupaustralian.org.au) (State Branches also)
8. Early Parenting Centres  
[http://raisingchildren.net.au/articles/sleep\\_settling\\_help\\_babies\\_toddlers.html](http://raisingchildren.net.au/articles/sleep_settling_help_babies_toddlers.html)
9. Local Government: Community and Family – local resources e.g. Library, Parent/ Play groups, Child Health Nurses, Occasional Care