



Perinatal Counselling

The perinatal period from pregnancy to the first years after giving birth, brings great change in a woman's life and in her family's life. Mothers to be experience a variety of emotions during this time, from great pleasure and excitement about the baby, worries about the future, concerns about being a parent and stress about finances, responsibilities and coping. There are many stereotypes and pressures on mothers so it can be useful to talk with someone confidentially without fear of being judged. To support women in the antenatal and postnatal period AccessEAP offers 2 telephone counselling sessions specifically designed to support women during this time in their life. The counselling sessions last for 1 hour each and are conducted by female Psychologists specialising in Perinatal Counselling.

The first session covers the area of Personal Parenting and Personal Relationships and includes:

- Confidence in being a parent
- Difficulties in conceiving
- Timing of the pregnancy
- Attachment issues and how it might affect parenting
- Partner situation
- Relationship with the partner
- Level of support available from partner and family
- Developing care strategies to look after yourself and your family

The second session covers the area of Emotions and includes:

- Feelings of being overwhelmed and anxiety
- Sleep difficulties and exhaustion
- Feelings of anger, guilt, sadness or grief
- Mental health issues in general
- Post Natal Depression
- Developing care strategies to look after yourself and your family

To register for a Perinatal Counselling appointment please call AccessEAP on 1800 818 728 or email info@accesseap.com.au

