SA Mental Health Commission

Australian Association for Infant Mental Health National Conference – 2019

Chris Burns CSC – SA Mental Health Commissioner

5 September 2019

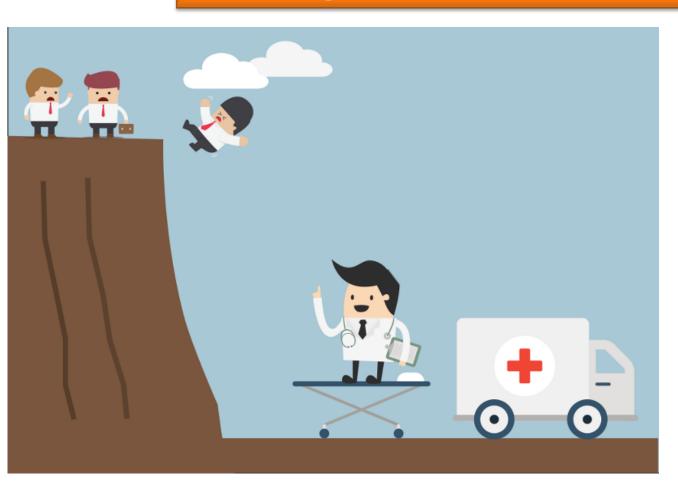


samentalhealthcommission.com.au

Our Infants – Infant Mental Health is a Public Health Matter

Public Health: "the science and art of preventing disease, prolonging life and promoting human health through organized efforts and informed choices of society, organizations, public and private, communities and individuals"

Waiting for the 'mind attack'



"In psychiatry and psychology it is like we are practising 1950s cardiology, where you wait for a heart attack and once it happens you know what to do".

Professor Ronald C.
Kessler, Harvard Medical
School







(8)

Australian Mental Health Statistics













SA Mental Health Commission samentalhealthcommission.com.au



4dad: Gaze at me, smile at me and gently stroke my head dad. Pretty soon I'll be smiling and trying to talk back.

4dad: It can be tough to leave your partner and baby to go to work. Maybe texting can keep you in touch. [Txt STOP to OptOut]

4dad: Hey dad. I am going to triple my weight in the first year of life. Don't let this happen to you too

4dad: My first poo is going to be black, sticky and look like tar. I'm working on it for you now dad. [Link to images of baby poos]











The dad texts seem to arrive at my lowest point. I appreciate the constant reminder that I am just human and need to take a deep breathe every now and then.

I think we've got a lot closer like rubbing her belly and talking to it. And I was already doing that quite compulsively. Yeah. So it didn't really trigger [it] I was just like, "Oh, woah. It's telling me to do this. This must be normal," because I was questioning myself whether it was normal to be talking to something that was inside of there so much

Having that from the baby's point of view, it was kind of uplifting, because it was sort of like I was getting a text message from my daughter. Like she was sending me a text message, like "This is what you have to do if this is happening", or "You have to talk to me, or look at me, and look into my eyes" and all that sort of stuff, and I'm just like "Mate, this is crazy". It's good.





An Australian Government Initiative



...he'll ask a question, how are you feeling today, are you feeling tired? And I think that might come from the messages

So, I think there must've been some sort of message about looking after yourself or being fit and active or something because he has started getting back to his routine of going back to the gym and stuff.

I don't think it would've been anywhere near as effective if it had have been sort of an email or anything like that. I think text messages, especially the types of messages that they were, it was the perfect format.

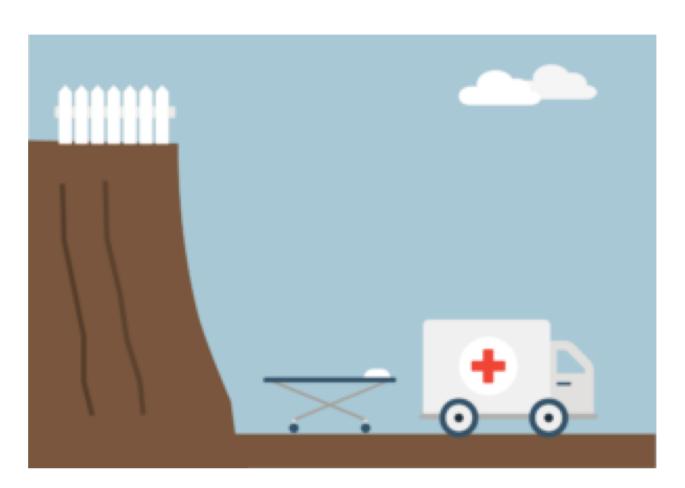








Let's not wait for the 'mind attack'





SA Mental Health Commission samentalhealthcommission.com.au

SA Mental Health Commission

- LIKE us on Facebook:
 www.facebook.com/SAMentalHealthCommission
- FOLLOW us on Twitter:

 @SAMHC_

samentalhealthcommission.com.au

