



Reba Meagher, Mum Bia Pierce and her son Joshua, aged 4 months, Fairfield State Labor MP Joe Tripodi and Karitane chief executive officer Robert Mills at the opening. -FP17175

# Karitane help for mums

**ADAM DAVIES**

PREGNANT women and mothers who are experiencing post natal depression and anxiety now have a purpose-built centre in Carramar that they can turn to for support after the \$4.5 million redevelopment of Karitane was unveiled last Friday.

Karitane is a renowned source of information and assistance for parents with newborns.

Its new facilities include a purpose-built post natal depression unit, education and research facilities and toddler

clinic and outreach centre. State Health Minister, Cabramatta MP Reba Meagher, officially opened the new facilities on Friday.

She said families who were experiencing difficulties would benefit immensely from the centre.

"The new facilities will help Karitane staff support mothers in a safe, friendly and homely environment to give families the best possible start in life," she said.

Naomi Laplain, who suffered depression and anxiety after the birth of her first child, said if it wasn't for the support of staff at

Karitane she wouldn't have coped with the birth of her second child.

"While everyone thinks pregnancy is a time of happiness and joy, having suffered post natal depression I didn't have any connection with my baby at all," she said. "However once I started at Karitane I could see the light at the end of the tunnel and I am eternally grateful."

Mrs Laplain said the facility was an enormous boost for mothers in the area who were experiencing similar problems.

For more information about Karitane phone 9794 2300.