

ROSEVILLE

Mums' comforter recognised

BABY BLUES HELPER WINS WOMAN OF THE YEAR AWARD

Danielle Nicastrì

DAVIDSON Woman of the Year award winner Catherine Knox said helping mothers avoid potentially deadly perinatal depression inspired her to help others.

The Roseville mother-of-five has been the Gidget Foundation chief executive officer since 2008, named after a northern beaches woman who tragically committed suicide after suffering postnatal depression.

"It's not just me, but (the award) reflects the work of all those women involved in the foundation," she said.

Some of her work includes developing an emotional wellbeing program for new mothers, called the perinatal mental health care program, at North Shore Private Hospital.

Last October Ms Knox made a presentation on the program at an international conference in Paris.

"I had a personal experi-

HELPING MUMS

■ Catherine Knox has helped produce a DVD on mental wellbeing of new mothers, which is shown in many parenting classes in north shore hospitals and around Australia

■ She co-authored the book *Beyond the Baby Blues the Complete Perinatal, Anxiety and Depression Handbook*, published in 2011

ence with perinatal anxiety and depression myself, so it has informed a lot of the work I do," she said.

"For some mothers, (motherhood) is a real struggle. The main thing is that there is help available and they can get better."

The foundation is raising funds to open a perinatal health centre, named Gidget House, near Royal North Shore Hospital.

Do you need help? Call the Gidget Foundation helpline on 1300 726 306



Catherine Knox at Roseville home with her children, from left: Oliver 16, Jack 20, Imogen 11, Hugo, 15 and Tom, 21

Picture: David Swift