

Perinatal Anxiety and Depression: Online Live Panel

About the Panelists

Julie Borninkhof - PANDA CEO

Julie brings significant experience to PANDA as a recognised leader in the primary health sector. Julie is a Clinical Psychologist who has worked across primary and tertiary settings, namely with people from vulnerable and diverse communities. She is passionate about ensuring that people's lived experience informs the development of progressive services and supports. Julie loves leading the dedicated team at PANDA.

Michelle Graeber - ARCVic CEO

Michelle Graeber has been CEO of the [Anxiety Recovery Centre Victoria \(ARCVic\)](#) for five years. ARCVic is a non-profit state-wide community mental health organisation that provides support, self-help, recovery and education for people and families living with anxiety disorders. They also provide education and training to primary care and mental health professionals.

Heather Mattner - Perinatal Health Psychologist

Heather has an extensive background in midwifery, maternal-infant health, women's health, perinatal wellbeing/mental health, and primary health.

Naomi Simpson - Community Midwife

Naomi works with women with mental health issues, poor social circumstances, drug and alcohol abuse etc in the perinatal period. She works alongside DASSA, social workers and perinatal mental health nurse practitioner. Naomi has a Bachelor of Midwifery, Grad Cert in Perinatal Mental Health and a Masters in Midwifery and is currently contemplating her PhD.

Webcast: 12 November 2020