

Lived Experience Expertise: Supporting the Transition to Parenting

Ruby is 35 years old with a lived experience of an eating disorder. Ruby's partner Alex works as a paramedic on shift work, he is practical and supportive, but Ruby sometimes feels her worries are dismissed. During pregnancy Ruby sought private counselling under a mental health care plan for anxiety due to three prior miscarriages and medical complications. Ruby delivered her daughter Mia at 34 weeks, and baby Mia is admitted to the neonatal intensive care unit due to respiratory issues.