POSTNATAL DEPRESSION

You’re not alone

At least one in ten women suffer from Postnatal Depression
WHAT ARE THE BABY BLUES?

- Postnatal depression should not be confused with the baby blues
- The majority of women experience mood swings during the first few days after having a baby and are often tearful
- Sleeping problems and appetite changes can also occur
- The baby blues only last a few days
- If these symptoms do not disappear it may be that you are developing Postnatal depression

WHAT IS POSTNATAL DEPRESSION?

- Postnatal depression is a clinical depression occurring during the first year following birth
- If left untreated it can get worse and take longer for you to recover
SYMPTOMS COULD INCLUDE

- Feeling sad and weepy
- Anxiety and irritability
- Feeling tired all the time
- Finding no enjoyment in life
- Feeling unable to cope
- Not wanting to be with others
- Feeling unlovable and worthless
- No interest in sex
- Not being able to concentrate and forgetting things
- Having no energy or enthusiasm
- Decrease or increase in appetite
IS IT MY FAULT?

NO. There are many stresses involved in having and caring for a new-born baby. Consider the demands of parenthood:

- Full-time responsibility for baby
- Trying to be a perfect mother
- Role change
- Feeling undervalued
- Lack of time for oneself
- Financial difficulties
- Lack of adult company and isolation
- 24 hour duty
- Being pulled in different directions
- Sleeplessness
- Having no-one to listen to you
- Unfulfilled expectations of motherhood
HOW TO HELP YOURSELF

- Ask for help and support from relatives, friends or health professionals
- Be kind to yourself, your needs are important too
- Take one day at a time
- Talk about how you feel
- Accept there will be bad days - don't blame yourself
- Eat a healthy diet
- Rest as much as possible
Remember Postnatal Depression is a common experience and with help, time and support you will recover.

There are various agencies and organisations who can be contacted and will provide support and information.

Your Health Visitor’s name

and telephone number

- MIND INFO LINE  
  www.mind.org.uk  
  Tel: 08457 660163

- THE MENTAL HEALTH FOUNDATION  
  www.mentalhealth.org.uk  
  Tel: 0207 802 0302

- N.C.T  
  www.nctpregnancyandbabycare.com  
  Tel: 08704 448707

- ASSOCIATION FOR POSTNATAL ILLNESS  
  www.apni.org  
  Tel: 0207 386 0868

- NHS DIRECT  
  www.nhsdirect.nhs.uk  
  Tel: 0845 4647

Other contact numbers