**Becoming A Parent**

Pregnancy and the birth of a new baby should be a time of joy but this is not always the case. Some women suffer from anxiety and/or depression **during** pregnancy and around 10-15% of women suffer from Postnatal Depression following the birth.

**The Baby Blues**

The ‘Baby Blues’ are not to be confused with Postnatal Depression.

The Baby Blues often occur around 3-4 days after the birth of your baby and can last for up to 2 weeks.

**You may feel:**
- Tearful
- Tired
- Irritable
- Moody

These symptoms occur in the majority of women and are perfectly normal. However, if they persist longer than 2 weeks it maybe that you are developing Postnatal Depression and you should seek advice.

**Postnatal Depression (PND)**

**YOU ARE AT GREATER RISK OF DEVELOPING DEPRESSION AFTER GIVING BIRTH THAN AT ANY OTHER TIME IN YOUR LIFE**

**Reasons for this may be:**
- The huge change in your life since becoming a parent
- Feeling isolated
- Tiredness
- Your expectations of motherhood not being met
- Lack of time to yourself
- Possible change in relationship with your partner

**BUT YOU ARE NOT ALONE**

Anyone can suffer from PND but you are at particular risk if:
- You have a difficult pregnancy, birth or problems feeding baby
- You have suffered from mental health problems in the past
- You have a family history of mental illness
- You already have social or relationship problems

**Symptoms of PND may include:**
- Overwhelming sadness, tearfulness
- Guilt because you feel that you are not the mother that you want to be
- Anxiety about your own welfare and/or that of your baby
- Tiredness
- Sleep disturbance
- Loss or increase in appetite
- Poor concentration
- Not wanting to socialise
- Loss of interest in sex
How and where to get help

Talk to your GP, Midwife or Health Visitor

Rest as much as you can— the housework can wait!

Tell your family and friends how you feel and enlist their help

Take time out for yourself whenever possible

Eat a healthy diet and drink plenty of water

Local support groups. It is so helpful to know that you are not the only one feeling this way

There are many possible treatments for Postnatal Depression including:

Counselling

Other psychological therapies

Medication—which is safe to take even when breastfeeding

Help & Information Available

The Angela Harrison Charitable Trust
Postnatal Depression Awareness
www.help4mums.org

Perinatal Illness - UK
(patron, Ms Fern Briton)
www.pni-uk.com

Association Postnatal Depression
www.apni.org
Tel: 020 7386 0868

National Childbirth Trust
www.nct.org.uk
0870 444 8707

Meet-A-Mum-Association (MAMA)
www.mama.co.uk
08451203746

Postnatal Illness - Volunteer site
www.pni.org.uk

SureStart
www.surestart.gov.uk/surestartservices
www.bluebellday.org.uk
www.fathersdirect.com

Karen Oldham - Mental Health Promotion Co-ordinator
Health Promotion Service, The Kernow Building
Wilson Way, Pool, Redruth, TR15 3QE
Tel: 01209 313419 Email: Karen.oldham@clospct.cornwall.nhs.uk

Cornwall Partnership
NHS Trust

Postnatal Depression Awareness
www.help4mums.org