

## 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](http://www.help4mums.org)

Perinatal Illness - UK  
(patron, Ms Fern Briton)  
[www.pni-uk.com](http://www.pni-uk.com)

Association Postnatal Depression  
[www.apni.org](http://www.apni.org)  
Tel: 020 7386 0868

National Childbirth Trust  
[www.nct.org.uk](http://www.nct.org.uk)  
0870 444 8707

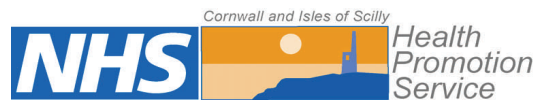
Meet-A-Mum-Association (MAMA)  
[www.mama.co.uk](http://www.mama.co.uk)  
0845 120 3746

Postnatal Illness - Volunteer site  
[www.pni.org.uk](http://www.pni.org.uk)

SureStart  
[www.surestart.gov.uk/surestartservices](http://www.surestart.gov.uk/surestartservices)

[www.bluebellday.org.uk](http://www.bluebellday.org.uk)

[www.fathersdirect.com](http://www.fathersdirect.com)



Karen Oldham - Mental Health Promotion Co-ordinator  
Health Promotion Service, The Kernow Building  
Wilson Way, Pool, Redruth, TR15 3QE  
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Cornwall Partnership NHS Trust  
NHS Cornwall and Isles of Scilly Primary Care Trust

# Beating Postnatal Depression



Postnatal Depression Awareness  
[www.help4mums.org](http://www.help4mums.org)

Charity number 1114051

## 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