

A HELPING HAND A LISTENING EAR

Friends and family may feel shocked and worried. They may not know what to say or do. Practical help with the baby and housework is great of course but good listening, lots of patience and plenty of affection will go along way.

Your GP and health visitor can be your first step to professional help. Medication is there to help you. Antidepressants are non addictive and there are some that allow you to continue breast feeding. Counselling and support groups are so valuable and worthwhile. An opportunity to share your feeling with others who are also suffering.



CONTACTS

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Katherine Morgan is a specialist postnatal depression counsellor with a diploma in Humanistic Counselling. Having experienced severe PND herself Katherine not only has professional experience but personal experience too, which has proved invaluable to mothers and their families.

As a registered member of the BACP (British Association of Counsellors and Psychotherapists) Katherine abides by their code of ethics. For more information about the BACP - www.bacp.co.uk

POST NATAL DEPRESSION AWARENESS



This leaflet can help if you or someone you know is suffering from Post Natal Depression (PND) It includes ways you can help yourself and treatments available

WHAT IS PND

Some Mums can become depressed after having a baby. It's very normal to feel low a few days after birth due to hormonal changes, and this is commonly known as the “**baby blues**”. PND however can start straight after birth or sometimes months later. PND affects 15-20% of Mums and not always for obvious reasons.



HOW DO YOU FEEL?

- Sad and tearful
- No energy and tired
- Can't sleep
- Isolated and detached
- Loss of appetite or comfort eating
- Anxiety / Panic attacks
- Racing thoughts / Unable to concentrate
- Hopelessness and despair
- Anger and irritability
- Loss of sex drive
- Suicidal thoughts

HELPING YOURSELF

Our expectations of what motherhood is like can sometimes be high. After all we have months to dream about it. Realising that you don't feel all the things you were hoping for can be devastating. Be kind to yourself. Eat well, rest well, move around a bit.

Sometimes it can feel like everyday is a bad day, keeping a log of bad days and not so bad days can be reassuring. Remember you are poorly and you **will** get better.