

Perinatal mental health

A guide for patients



Pregnancy and the period after childbirth can bring a range of emotional changes.

Many find this to be a positive experience. However, some women and men undergo an emotional upheaval that can result in problems with their mental health and wellbeing. Having a new child is a life changing event.

Around one in five women experience changes to their emotional wellbeing during pregnancy or in the two years after giving birth. Many women do not seek help, are scared of being judged and worry what might happen if they admit how they are feeling.

Around one in ten men can experience changes to their emotional wellbeing when their partner is pregnant or within two years after the baby is born. These symptoms often go undiagnosed as they often present as normal stresses of having a new born baby.

If left untreated, the negative impact can be enormous and have long lasting effects on women, their partners and their children. This is why it is so important to seek help as soon as possible. Here at Doncaster Improving Access to Psychological Therapies (IAPT), we are non-judgemental and trained to assess your individual needs. We can offer you a psychological treatment suited to you, this could be one to one therapy or through an online course. Alternatively, we will signpost you to another service if appropriate.

When to seek help

Many changes occur during pregnancy and after childbirth, physically, emotionally and to our day-to-day lives. When having a baby, it can be difficult to know what is normal and what is not. Most women experience 'baby blues' three to four days after giving birth and may feel weepy, low, anxious and irritable. These are thought to be linked to hormonal changes taking place in your body after giving birth and your milk 'coming in'.

These symptoms are normal and only tend to last a few days, but if they continue and you, or your partner are experiencing the symptoms listed below, you should seek help as soon as possible.

These symptoms are:

- low mood, tearfulness
- anxiety or panic attacks
- worries about health or your baby
- feeling worthless, low self-esteem
- feeling guilty
- poor sleep
- changes in appetite
- loss of interest in activities
- feeling irritable and agitated
- poor concentration
- thoughts about suicide or harming yourself
- distressing, unwanted thoughts that pop into the mind

What to do next

If you are aged 18 or over and registered with a GP in Doncaster, the first step is to contact Doncaster IAPT, to arrange a screening assessment by telephone. You will be prioritised for treatment within our services whilst you and your partner are in the perinatal period (from pregnancy up to two years after the baby is born). Alternatively, discuss with your GP, midwife or health visitor and they can support you to refer into the service.

Our telephone lines are open Monday to Friday from 9am to 5pm.

Tel: 01302 565650 / 565556

You can now self refer at: iapt.rdash.nhs.uk/self-referral

If you would like this in large print, braille or on audiotape or would like this document in an alternative language, please contact the Patient Advice and Liaison Service on 0800 015 4334.

Amharic

ይህን ደብዳቤ በግልጽ እንዲታይዎ በትልቁ ተረፎ ወይም በቲፕ ተተያይዞ ወይም በሌላ ቋንቋ ተጽፎ ለግዢት የሚፈልጉ ከሆነ የበቅተኛች ምክርና ግንኙነት አገልግሎትን በዚህ ቁጥር 0800 015 4334 ይውሰዱ ያንግኙ።

Arabic

إذا أردت الحصول على هذه الوثيقة بالخط الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة فيرجى الاتصال بخدمة التنسيق ونصيحة المريض Patient Advice and Liaison Service على رقم الهاتف 0800 015 4334 .

Bengali

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কানে শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাডভাইস এন্ড লিয়েজঁ সার্ভিসের সাথে যোগাযোগ করবেন।

Cantonese (traditional Chinese)

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联络病患建议与联络服务（Patient Advice and Liaison Service），电话号码：0800 015 4334。

Czech

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientům na tel. 0800 015 4334.

Farsi

در صورت تمایل به داشتن این سند به نسخه ای با چاپ درشت تر، به خط بریل یا نسخه صوتی، و یا به زبانی دیگر، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۱۵۴۳۳۴ تماس حاصل نمایند.

French

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients [Patients Advice and Liaison Service] au 0800 015 4334.

Kurdish Sorani

ئێگەر تۆ ئێم زانیاریانە بە چاپی گەورە، برائیل یان لەسەر شریتی دەنگی دەخوازیت یاخود نەم بەلێکەنامە بە زماڤێکی دیوە دەخوازیت، تکایە پێموهندی بکە بە خزمەتگوزاری زینمایی و هاوناھەنگی نەمۆشەو بە ژمارە 0800 015 4334.

Polish

Jeżeli dokument wymagany jest w wersji drukowanej dużą czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਛਪਾਈ, ਬ੍ਰੇਲ ਜਾਂ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਰਚੁੰਦੇ ਹੋ ਜਾਂ ਇਸ ਸਮਝਾਵੇਂ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਰਚੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਰੀਜ਼ ਸਲਾਹ ਅਤੇ ਤਾਲ-ਮੇਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

Somali

Haddii aad jeclaan lahayd in aad kaan ku hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii aad jeclaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Talobixinta iyo Xiriirinta ee Bukaaleyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

Turkish

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydı olarak veya başka bir dille almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

Urdu

اگر آپ یہ بڑی چھپائی، بریل میں یا صوتی ٹیپ پر حاصل کرنا چاہیں یا یہ دستاویز کسی قبیل زبان میں چاہیں تو براۓ کرم پیفٹنڈ ایڈوائس اینڈ لিয়েزمن سروس سے 0800 015 4334 پر رابطہ کریں۔

Vietnamese

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay băng ghi âm, hoặc bằng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và Liên lạc với Bệnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing
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