



Postnatal care and support

Emotional wellbeing and mental health

An easy read guide

This booklet is about postnatal care: Emotional wellbeing and mental health

There are 7 booklets in total

Booklet 1: Postnatal care, birth registration and coronavirus

Booklet 2: Resuming sexual intercourse and contraception

Booklet 3: Maternal physical wellbeing and health concerns

Booklet 4: Emotional wellbeing and mental health

Booklet 5: Infant feeding and blood spot tests

Booklet 6: Baby care and wellbeing

Booklet 7: Coping with crying and safe sleeping

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Emotional wellbeing



It is natural for you to feel lots of different emotions and be anxious when you are pregnant or after you have given birth.

Lots of women have experienced the 'baby blues'. This is mainly to do with your hormones.



The symptoms are mild and usually pass within a couple of weeks. It is a good idea to keep an eye on how you are feeling though and get help if you are worried.



There are things you can do to help yourself feel better.

- Try to relax
- Breathe deeply if you are emotional
- Take some time for yourself
- Ask others to help you
- Sleep when you get the chance to
- Make sure you eat a well balanced diet

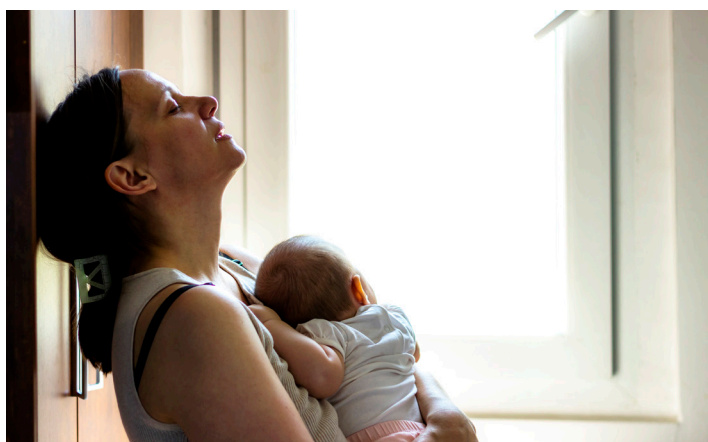


Postnatal depression



Depression and anxiety affect quite a few women in the first year after giving birth.

This is called postnatal depression.



It usually starts when your baby is 6 weeks old but it can be as long as a year after.

Some of the signs of postnatal depression are:



Feeling down, depressed or hopeless.



Not being interested in things and not enjoying stuff that you used to.



Trouble getting to sleep or staying asleep.

Feeling tired all the time.



Not being able to concentrate.

Having thoughts about suicide or hurting yourself.



If you feel any of these things keep a note of how often you feel like it and talk to your midwife, GP or health visitor.

Postpartum psychosis



This is also called puerperal psychosis.

It is a very rare mental health illness that needs medical or hospital treatment after the birth of a baby.



Other people will normally notice it first as you might start acting strangely.

It is more likely to happen if you have had severe mental illness in the past or a family member has had it.



There are specialist mother and baby units where they can care for you without separating you from your baby.



Most women make a complete recovery but it may take a few weeks or months.



Some of the signs of postpartum psychosis are:

Big changes in your mental health or new symptoms that you haven't had before.



Thoughts of hurting yourself.



Feeling that you are not a good mum or wanting to be away from your baby.



For more information on who to contact in a crisis, please visit your local mental health services provider or dial 111.

Postnatal post-traumatic stress disorder (PTSD)



PTSD can happen if the birth of your baby has been distressing.

The symptoms can start straight after the birth or months afterwards.

Some of the symptoms are:

- Distressing and intrusive thoughts or images
- Staying away from places, events, or objects that are reminders of the experience
- Feeling emotionally numb or cut off from your feelings
- Being jumpy and easily startled
- Feeling tense, on guard
- Having difficulty concentrating on even simple and everyday tasks
- Feeling like you can't trust anyone



It is really important to talk to someone about how you are feeling if this happens to you. Your midwife, GP or health visitor will be able to help you.



Dads and partners can sometimes feel depressed in the first year after the birth of a baby.

They might also feel depressed while you are pregnant.



If it is your first baby it can be especially hard as it is such a big change to your life.



Please contact your GP if you feel you need support. They will be able to give you more information and tell you where to get help.



There is also lots of information on an app called DadPad. You can download it for free from Google Play or Apple App store.



Adult improving access to psychological therapies programme - emotional and mental health support

Wakefield: Turning Point

Tel: 01924 234 860

Email: wakefield.talking@turning-point.co.uk

gateway.mayden.co.uk/referral-v2/ec23d2e0-ba2d-4e0f-af63-d0a151c585dc

Leeds: Leeds Mental Wellbeing Service

Tel: 0113 843 4388

Email: leeds.mws@nhs.net

www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/

Bradford and Airedale: Relate

Tel: 01274 726 096

Email: information@relatebradford.com

www.relate.org.uk/find-my-nearest-relate/centre/bradford-relate-centre

Calderdale: IAPT

Telephone: 01484 343700

Email: iapt.admin@swyt.nhs.uk

www.southwestyorkshire.nhs.uk/services/improving-access-to-psychological-therapies-iapt/

Kirklees

Tel: 01484 343700

Email: IAPT.Admin@swyt.nhs.uk

kirkleesiapt.co.uk/

Harrogate: IAPT

Tel: 01423 852137/852062

northyorkshireiapt.co.uk/

Department	Airedale	Bradford Teaching Hospitals NHS Foundation Trust, Women's and New-born unit	Calderdale & Huddersfield
Triage	01535 292120	01274 364532/364531	MAC 24 hours a day 01422 224419 Huddersfield Community Maternity Advice Line 01484 355743 open 8.30am-4.30pm Monday-Friday
Postnatal Ward	01535 292211	Postnatal ward M4 01274 364539/364540	01422 224249
Community Office	01535 292211/2	Postnatal, Antenatal & Induction Suite M3 01274 364536/364537	01484 355754
Debrief Clinics/	01535 292409	Via midwife, health visitor or GP	Maternity Reception (appointments) 01422 224125 Women's Health Reception (appointments) 01484 342666
Feeding Support	01535 292383	01274 364583	01422 224925
Local Contraception/ Sexual Health	01535 607333	0303 3309500	0303 330 9981

Harrogate	Mid Yorks	Leeds
01423 557548/557531	01924 543002	SJUH 0113 206 5781 LGI 0113 392 6731
01423 553157	01924 541693	SJUH 0113 206 9105 LGI 0113 392 7436
01423 553051	Wakefield: 01924 543424 Pontefract: 01977 747430/31 Dewsbury: 01924 319152	0113 206 3329
Please speak to a member from the midwifery team of the midwifery team regarding a referral	01924 541118/541114	SJUH leedsth-tr.birthmatters@nhs.net LGI leedsth-tr.birthmattsteam@nhs.net
01423 553157 or 01423 553051	Families and babies: 01924 851901 Auntie Pams: 01924 438316 add Midwife: 07824417802	0113 206 4360
01904 721111 www.yorsexualhealth.org.uk/clinics/heatherdene-centre-for-sexual-health/#	Kirklees: 0303 0303 9981 Wakefield: 01924 327586	Leeds Sexual Health 0113 392 0333