



Improving Access to Psychological Therapies (IAPT)

Welcome to the perinatal group



## Did you know?

### Baby Blues

- 5 to 8 out of 10 mums experience the baby blues that's 50 – 80%
- Research exploring depression in both mothers and fathers after the birth of their child, found that 39% of mothers and 21% of fathers experienced a depressive episode

### Post Natal Depression

- 1 in 10 mums will experience postnatal depression
- Post natal depression affects dads as well - postnatal depression studies suggest that around one in five men experience depression after becoming fathers

## Who can access our service?

Anyone expecting a baby or up to 1 year after the birth, including fathers who may also find this a worrying and overwhelming experience.

## Access to one to one, group therapy - talking therapy.

Areas of focus linked to perinatal mental health are baby blues and postnatal depression, low mood and anxiety, feelings and vulnerabilities, dad's roles and relationships, practical nurturing, bonding, guilt, emotional tolerance and values, isolation, behaviour and routine, relaxation, mindfulness, support – both practical and emotional

## How to get in touch

Contact the Talking Shop on 01302 565556 between 9am and 5pm to find out dates and to book a place.

### Feeling emotional overload? Don't suffer in silence.

We provide talking therapies for people experiencing common mental health problems, offering Psychological Wellbeing, Cognitive Behavioural Therapy and Counselling.