

'Baby Blues' and Post Natal Depression

#TalkingHelps

Most people are aware of 'baby blues' and post-natal depression when planning a family but what about when it actually happens to you?

It's an all too familiar and confusing story for many new parents. You were so happy to be pregnant, you thought everything would be perfect but then the baby arrives and you just don't feel... right. You never expected to feel this way; anxious, hostile, angry, sad, terrified, alone.

The good news is that you really aren't alone. The Suffolk County Council Public Health team are promoting support available for women across Suffolk affected by feelings of mild to severe low mood both during pregnancy and after birth. We want you to know that #TalkingHelps and we encourage you to share your feelings.

1 in 10 mothers develop post-natal depression

10-20% of women develop mental ill health during pregnancy or within the first year after having a baby and The Maternal Mental Health Alliance has reported

that 1 in 10 mothers develop post-natal depression, a more serious form of the 'baby blues'. An expected 620 new mothers in Suffolk per year will experience some form of depression after giving birth.

How to spot it

Unfamiliar feelings of anxiety and depression can often develop suddenly and range from mild to extremely severe, requiring different kinds of support or treatment.

The Symptoms

- Low mood
- Despondency
- Tiredness and insomnia
- Inadequacy
- Irritable
- Appetite loss/gain
- Feeling Teary
- Feeling unable to cope

It is normal for new parents to experience broken sleep, relationship changes and



impaired physical health as a result of pregnancy and giving birth and often new parents dismiss their symptoms as a result of these changes.

Talking Helps

Our message is 'Talking Helps!' Talk to your partner, friends and family about how you feel. Make time to talk to your doctor or health visitor if you are struggling because the good news is there is lots of help and support available in Suffolk and they can point you in the right direction. There is

nothing shameful about finding things tough. Feeling like a "good enough" parent is one of the hardest things we will ever have to do.

Next steps

For more information search 'Talking Helps' at www.healthysuffolk.org.uk, tell us about your experiences on social media using hashtag #TalkingHelps @SCCPublicHealth or have a chat about how you are feeling with any of the organisations below: Your GP, Midwife or Health Visitor Your local children's centre Suffolk Wellbeing Service Suffolk MIND.

You're not alone, remember #TalkingHelps

Don't be afraid

#TalkingHelps



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