



# Perinatal

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Do you feel...

unable to  
cope with  
motherhood

fed up and  
tearful

tired

stressed

inadequate  
or worthless

worried all  
the time

lonely

Health in Mind can help you  
to manage your emotional  
and physical wellbeing...

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**Our values**

Welcoming Kind Positive Respectful Professional

## **Pregnancy & Postnatal Mental Wellbeing:**

Many women experience emotional difficulties during pregnancy and following the birth of a child. Alongside the physical and hormonal difficulties women experience during this time, the changes that being pregnant and having a baby can bring can increase everyday pressures in your life. Fathers can also experience depression after the birth of their child due to increased responsibility and the altered relationship with their partner. Whilst these feelings often get better on their own or with the support of a midwife or health visitor, sometimes additional support is required.

### **How can we help:**

Treatment offered by Health in Mind is based on cognitive behavioural therapy (CBT). CBT can help you to create helpful patterns of thinking and behaving to better manage your mood.

We offer many options of treatment including:

- Individual guided support and therapy sessions
- Computerised CBT programmes
- Courses in group settings including specialised postnatal depression courses to learn coping strategies and share experiences with other new mothers.

### **What to expect:**

Health in Mind is easy to access. Once referred an appointment with a clinician will be agreed. The appointment may last up to 60 minutes and will help us to identify how we can best work as a team to support your wellbeing.

### **Next step**

Visit our website: [www.northessexiapt.nhs.uk](http://www.northessexiapt.nhs.uk)

Or call 01376 308704



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