

Perinatal and postnatal mental health

A large, decorative graphic consisting of two overlapping, thick blue brushstrokes that form a shape resembling a stylized infinity symbol or a figure-eight. The strokes are textured and have a hand-drawn appearance.

 **mind** Havant and East Hants



Mind Havant and East Hants

Havant and East Hants Mind work to promote good mental health and seek to support and empower people to lead a full life as part of their local community.

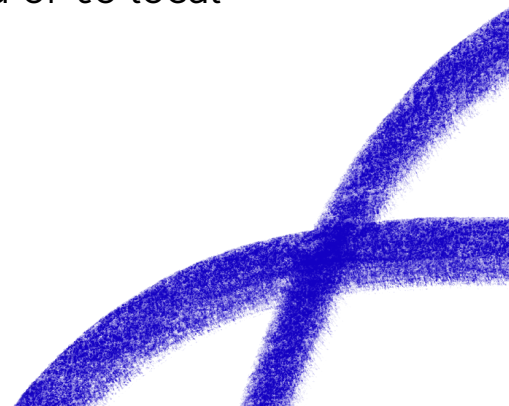
Since 1990 HEH Mind has and continues to offer a range of services and support to individuals and groups across South and East Hampshire, with some of our services, support and projects being Hampshire wide

Our services include:

- Adult wellbeing
- Children and young peoples wellbeing
- Family services
- Training and workplace wellbeing
- Anti stigma/ discrimination campaigning
- Fund and awareness raising

HEH Mind services and support are available across South and East Hampshire, with some projects and service available Hampshire wide.

Importantly we are a separate charity to National Mind. If you choose to fundraise for us you will need to select 'Havant and East Hants Mind' to raise for the local services we deliver. Donations to 'Mind' will not come to HEH Mind or to local services.



Support and services

It's important to ask for help because you don't need to cope with these difficult experiences alone. There are many health professionals who you can talk to about your mental health, and who can provide you with support in several different ways. These may include general health and pregnancy support services like:

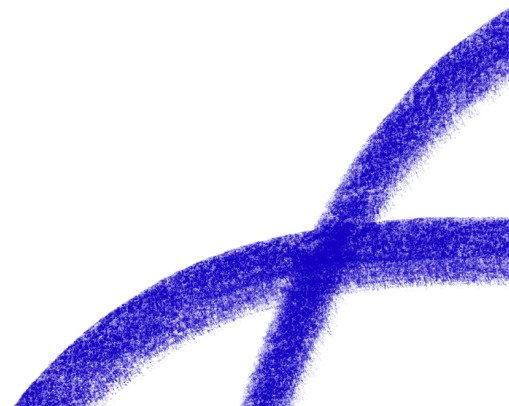
- Your GP
- Antenatal care (with your midwife or obstetrician)
- Your health visitor

There are also more specialist services to support you if you are at risk of becoming (or become) more unwell:

- Perinatal mental health services
- Community mental health teams (CMHTs) and crisis teams
- Hospitals, and mother and baby units (MBUs)

You can also access support and services through

- Voluntary organisations and charities



Maternal wellbeing

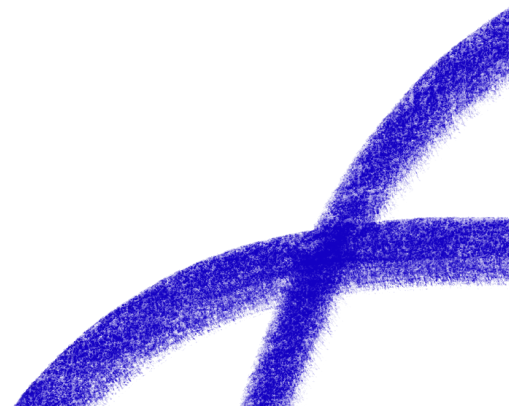
Having a baby is a big life event, and it's natural to experience a range of emotions and reactions during and after your pregnancy. But if they start to have a big impact on how you live your life, you might be experiencing a mental health problem.

Around one in five women will experience a mental health problem during pregnancy or in the year after giving birth. This might be a new mental health problem or another episode of a mental health problem you've experienced before. These are known as perinatal mental health problems.

It can be really difficult to feel able to talk openly about how you're feeling when you become a new parent. You might feel:

- Pressure to be happy and excited
- Like you have to be on top of everything
- Worried you're a bad parent if you're struggling with your mental health
- Worried that your baby will be taken away from you if you admit how you're feeling

But it's important to ask for help or support if you need it. You're likely to find that many new mothers are feeling the same way.



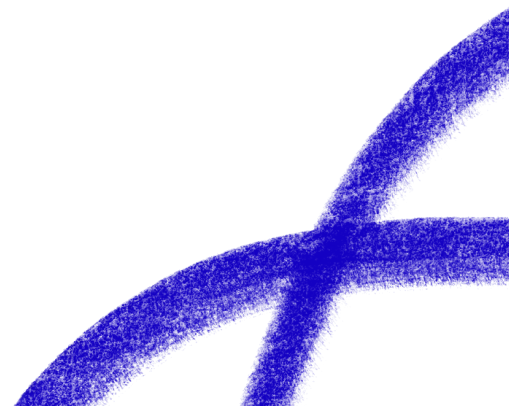
Manage daily tasks

Coping with household tasks as well as looking after a new baby is a challenge for anyone. Finding some ways to manage them day-to-day can help take the pressure off and help you feel more able to cope with the symptoms of your mental health problem.

- Accept help
- Cook meals in advance
- Take it slowly
- Don't pressure yourself

Look after yourself

Finding time to think about yourself while looking after your baby may feel like a challenge, but making small changes can help you look after your mental health.

- Keep active
 - Try to get some sleep (we know this one maybe hard)
 - Take time to relax
- 

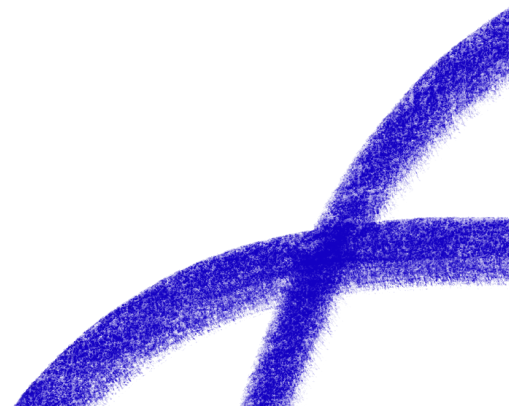
Did you know?

- Mental health illness affects 1 in 4 every year in the UK.
- Approximately 20% of women will experience a mental health problem during pregnancy or in the year after giving birth.
- Tokophobia is a particular anxiety about childbirth.
- Post-traumatic stress disorder (PTSD) could be affected by birth trauma.
- 303 people in Hampshire took their own life between 2014-16. That's nearly 2 a week.

Services and support

HEH Mind services and support are available across the Havant Borough and East Hampshire District, including areas such as: Hayling Island, Waterlooville, Emsworth, Petersfield, Alton, Bordon and Bentley. We also have some services that are available across Hampshire.

Importantly we are a different charity to National Mind, so if you choose to fundraise or promote our services, you need to select or name 'Havant and East Hants Mind' to raise awareness and or funds for our local service provision.



Managing existing illnesses

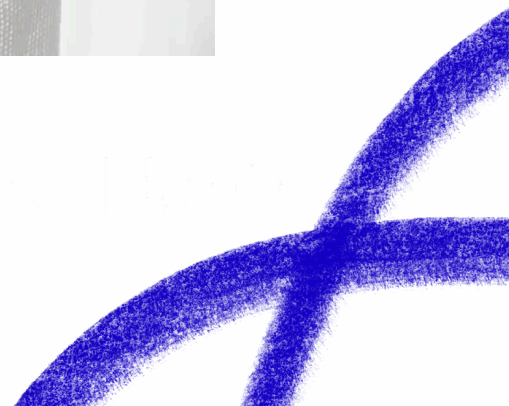
If you become pregnant, or are planning to become pregnant, it's important to think about how you can manage your mental health during this time.

Whatever your feelings are about being pregnant or becoming a parent, this can be a stressful time for everyone.

Talk to your doctor as soon as possible. They will be able to help you make plans to manage your mental health during pregnancy.



© 2020 The National Health Service (NHS) UK. All rights reserved.



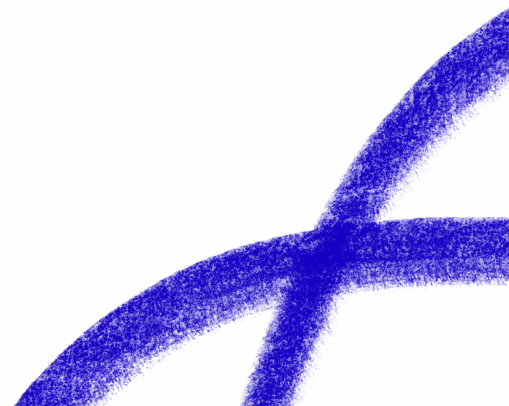
Different symptoms

You can experience any kind of mental health problems/ symptoms during and after pregnancy, but there are some that are particularly common or are specifically linked to pregnancy and childbirth.

This information covers:

- Perinatal depression
- Perinatal anxiety
- Perinatal OCD
- Perinatal and postpartum eating behaviours
- Postpartum psychosis
- Postpartum PTSD

You can find more information about symptoms and illnesses on the Mind website, www.mind.org.uk



Build your support network

Talking to other new mothers and fathers, and finding that other new parents share the anxieties and frustrations you are experiencing, can be very reassuring. It can also give you a chance to share skills and experiences, to realise that you are not alone and, above all, to get some emotional and practical support. It can help to affirm you in your new role.

You could:

- Go to local parent and baby groups
- Contact specialist organisations
- Access online support
- Try peer support



Your partners

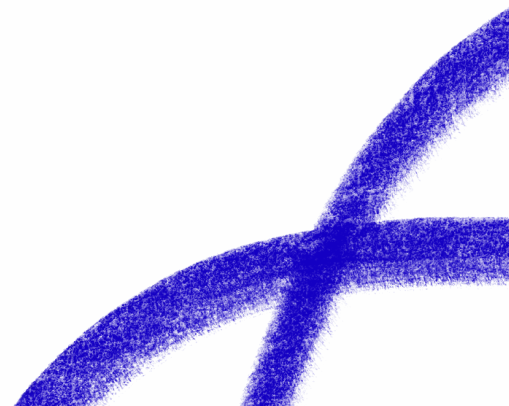
Studies suggest that partners can also experience perinatal mental health problems. For example, studies into postnatal depression in fathers suggest that around one in five men experience depression after becoming fathers. Partners might develop a mental health problem when becoming a parent for similar reasons to mothers, particularly if you:

- Are a young parent without good support networks in place
- Have experienced abuse in your childhood
- Are struggling with stressful life events, like moving house, losing your job or being bereaved
- Have poor living conditions or are living in poverty


You might also be coping with:

- Extra responsibilities around the house
- Financial pressures
- A changing relationship with your partner
- Lack of sleep

If your partner is also experiencing a mental health problem, this can make it even harder for you to cope with the normal struggles of becoming a parent.



Who else could help?

- Action Postpartum Psychosis (APP) - app-network.org
 - Anxiety UK—anxietyuk.org.uk
 - The Association for Post Natal Illness— apni.org
 - Birth trauma association—birthtraumaassociation.org.uk
 - The Breastfeeding Network— breastfeedingnetwork.org.uk
 - Family Lives - familylives.org.uk
 - Fatherhood Institute—fatherhoodinstitute.org
 - The Lullaby Trust - lullabytrust.org.uk
 - Maternal OCD - maternalocd.org
 - Miscarriage Association - miscarriageassociation.org.uk
 - Netmums - netmums.com No Panic— nopanic.org.uk
 - OCD Action - ocdaction.org.uk
 - PANDAS - pandasfoundation.org.uk
 - PND & Me—pndandme.co.uk Sands - sands.org.uk
 - Tommy's - tommys.org
- 

Want to know more?

Contact our Adult Wellbeing Team by calling
023 92498916

To find out about other services, workplace support,
fundraising and events please visit our website or social
media channels.



Havant and East Hants Mind
Leigh Park Community Centre
Dunsbury way, Havant,
Hampshire, PO95BG

www.easthantsmind.org
Charity No: 116301

Scan to visit our website

