

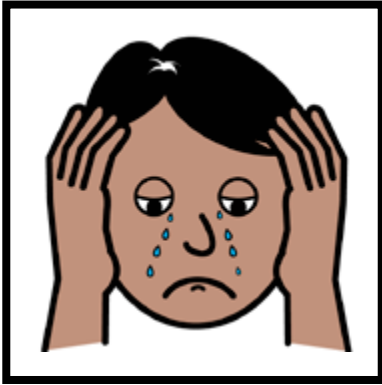
Your Mental Health After Birth (Easy Read)



Having a baby is a big change in your life
It is normal to have different feelings.
If those feelings make you feel worried or
sad it is important that you let your Midwife
or Health Visitor or GP know.



- It can feel hard to talk about how you are feeling.
- You may feel that you should feel happy and excited.
- You may feel that you should be able to cope.
- You may worry that you are a bad parent.
- You may worry that someone will take your baby away because of your feelings.
- **None of this is true**, 1 in 5 women have problems with their feelings after giving birth.
- We are here to help you.



Some people have the 'baby blues'

This may happen from 3-10 days after you give birth.

It can happen because;

- you have so much to do.
- you are very tired.
- your life has completely changed.

It can be natural to feel overwhelmed, like you cannot cope.



Signs of the baby blues can include;

- Being tearful
- Feeling emotional
- Feeling sad and low in mood.
- The 'baby blues should only last a few days.

If you are worried speak to your Midwife or Health visitor or GP.



Postnatal depression can be more serious.

It can last for a long time if you do not get help.

It usually starts at around 6 weeks after giving birth.

It can start slowly or it may start quickly.



If you or your partner think that you have postnatal depression it is important that you contact your Midwife, Health Visitor or GP as soon as possible.

Do not ignore your feelings.



Signs that you may have postnatal depression can be feeling;

- sad
- Empty
- Numb
- Guilty
- Alone even when you are with people
- Angry towards your partner
- Angry towards your baby
- That you are not good enough
- That you cannot do anything right
- That nothing is real
- That there is no hope
- No energy



- Having no feelings towards your partner
- Having no feelings for your baby
- Not eating
- Not washing
- No interest in anything
- Some people with postnatal depression feel like they would like to end their own life (suicide)



If you ever think that you would end your life you must get help straight away;

- Tell the people you are with how you feel.
- Attend your nearest Emergency Department.
- If you cannot get there call 999



- The good news is that there is treatment for mental illness.
- You can feel better.
- Treatment includes Talking therapy and/or medication.

Useful Contact Numbers



- Ambulance **999**
- Devon Dr's **111**
- Exeter Accident and Emergency
01392 411611
- Mental Health Out of Hours **0300 330 5464**
- Samaritans
116 123
- Mindline
0300 330 5464

This information can be offered in other formats on request, including a language other than English and Braille.

RD&E (Eastern Services) main switchboard: 01392 411611 NDDH (Northern Services) main switchboard: 01271 322577

For Royal Devon services log on to: <https://royaldevon.nhs.uk>

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