

COMMON SIGNS & SYMPTOMS

Anxiety चिंता (Cintā) चिन्ता (Chinta) चिन्ता (Citā) Anxiété
উদ্বেগ (Bangladeshi) بے چینی (Urdu)

Difficulty bonding with baby बाण्डनी संभाण राखवीर
मुशकिल (Bāḷakanī sambhāṇa rākhavī muškēla) ब चे की
देखभाल करना मुश्किल है (bachche kee dekhahaal
karana mushkil hai) ਬੱਚੇ ਦੇ ਨਾਲ ਰਿਸ਼ਤਾ ਮੁਸ਼ਕਲ (Bacē
dē nāla riśatā muśakala) Difficulté de liaison avec
bébé بچے کے ساتھ مشکل تعلقات

Low energy/ strength ओछी ताकत (Ōchī tākāta) कम
शक्ति (kum Shakti) घट ताकत (Ghaṭa tākata) Faible
résistance نخفاس القوة کم طاقت Sleeplessness/
tiredness अनिद्रा (Unagra) नद हराम (Neend Haram)
थकावट (Thakāvaṭa) Fatigue দুর্বলতা কম توانائی

Body ache/ pain शरीरमा दुखापो (Śarīramām
dukhāvō) शरीर दर्द (shareer dard) ਸਰੀਰ ਡੂੰਦਰਦ (Sarīra
nū darada) Courbatures শরীরের ব্যথা جسم میں درد

Sad/sadness उदासी (Udāsī) उदासी (udasee) ਉਦਾਸੀ
(Udāsī) la tristesse निरास اداس

Crying रसदी (radati) रोना (rona) रोना (Rōṇā) Pleurs
क्रुडित रونا

Lack of attention/ concentration ध्यान अभाव
(Dhyāna abhāva) यान की कमी (dhyaan kee kamee)
ਧਿਆਨ ਦੀ ਕਮੀ (Dhi'āna dī kami) la déconcentration
ਅਸਮਾਨੋਯੋਗਿਤਾ توجہ کی کمی

We offer free support
across Birmingham to
mums and dads
experiencing low mood
and/or anxiety

From a Black, Asian or
minority Ethnic
background? Contact us
on 0121 301 5900 to speak
to someone Monday-
Friday 9.15am -3pm.
or simply visit our website
www.acacia.org.uk/BAME

Our Services are for:
Mums & partners affected
by pre and postnatal
depression and anxiety
with a child under 2 years
or pregnant
You must be a
Birmingham resident
registered with a GP

Acacia Family Support
5a Coleshill Street
Sutton Coldfield
West Midlands
B72 1SD

www.acacia.org.uk
help@acacia.org.uk
0121 301 5900
Office hours
Monday - Friday
9am-3.30pm

Acacia Family Support is a
registered charity no. 1122831 and
a company limited by guarantee
no. 6217627



SCAN ME

STRUGGLING TO COPE DURING PREGNANCY OR AFTER BIRTH?

ਗਮਾਫ਼ਰਦਾ ਅਥਵਾ ਜਨਮ ਪਈ ਸਾਮਨੀ ਝਰਪਾਫ਼
ਮਾਟੇ ਸੰਬੰਧ

गर्भावस्था और प्रसूति के बादमे भी कठिनायाँ रहे
क्या

ਗਰਭ ਅਵਸਥਾ ਦੌਰਾਨ ਜਾਂ ਜਨਮ ਤੋਂ ਬਾਅਦ
ਸੰਘਰਸ਼ ਕਰਨਾ

Avez-vous du mal à faire face pendant
votre grossesse où après votre
accouchement?

ਗਰਭਾਵਸਥਾ বা শিশু জন্মের পর অবস্থা মোকাবেলার
অসুবিধা

بچہ ہونے سے پہلے
اور بچہ ہونے کے
بعد مشکلات کا سامنا



Who are we...

અમે કોણ છીએ

हम कौन है

ਅਸ ਕੌਣ ਹਾਂ

qui sommes nous

আমরা কারা

کون ہیں

Acacia is a Birmingham charity supporting mums and families affected by pre and postnatal depression and/or anxiety (PND/A).

This condition is a common health issue for all parents, effecting around 1 in 10 women and 1 in 5 dads.

Acacia is a Christian organisation supporting families from all faiths or non.

What we offer...

One to one befriending from our friendly, trained volunteers
Free creche services
Telephone support
Emotional support
Signposting to other services
Peer support/groups
We also offer free training to organisations and professionals working with BAME communities

Our trained volunteers and staff can support you to feel better so you can enjoy time with your baby. We can help you if you are experiencing low mood and/or anxiety and most of our staff and volunteers have experienced similar struggles. This helps us to understand what you're going through.

We want to help

How to contact us...

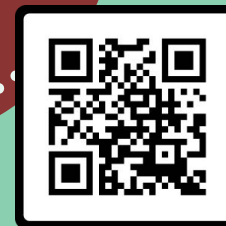
From a Black, Asian or Minority Ethnic community?

Ask your GP or health professional to make a referral for you or visit our website www.acacia.org.uk

You can also text us for a call back on 07897 459627 (Mon-Fri, 48hr response time)

If you are a health professional, working with BAME communities, please visit our website. You can also contact us on 0121 301 5990 to discuss how we can offer you or your organisation free training.

Our services are Free



SCAN ME