



We're here to help you

Struggling to cope with
your pregnancy or life
with your new baby?



About Acacia

Acacia Family Support works to improve the lives of mothers and families affected by pre and postnatal depression (PND) and anxiety. Acacia is a warm, friendly, Christian faith-based organisation, that supports families from all faiths or none.

Established in 2004 by a group of local mums, Acacia is a charity run by staff and volunteers, most of whom have suffered and recovered from PND or have a trained understanding of anxiety and depression. Our services are free of charge.

Please visit
[acacia.org.uk](https://www.acacia.org.uk)
for a list of
symptoms and
causes.

Some common signs and symptoms of PND are:

- Persistent feeling of **sadness** and low mood
- **Loss of interest and/or enjoyment** in the world around you
- **Difficulty falling asleep** or waking in the early hours and struggling to get back to sleep
- Feeling **tired** all the time and lacking energy
- **Crying** a lot over the smallest thing
- Feeling **irritable** – a constant underlying sense of anxiety, maybe escalating into panic attacks
- Feeling emotionally **disconnected** from your baby
- Perhaps feeling **rejected** by friends, family, partner and children
- Feeling lonely and **isolated**
- Feeling **guilty** about everything – especially the idea that you're a bad mother
- Negative thoughts and feelings of **hopelessness**
- Intrusive thoughts about **harming** yourself or your baby

Some causes of PND:

- Previous depression and/or anxiety (especially PND)
- Lack of a supportive network
- Experience of several recent life stresses
- PND can also come completely out of the blue





“
Since I have been supported by Acacia my mood has generally been much better and thanks to them I now have a really strong bond with my little boy and find great joy in being a mum.”



How we can help you

Our teams of trained staff and volunteers provide a range of support services helping you and your family to cope better with your baby and with the emotional and practical effects of PND, which are common.

We offer:

- One-to-one befriending sessions at our Centres
- Short courses teaching Cognitive Behavioural Therapy tips and techniques
- Free crèche whilst you access our support services
- Phone support
- Helping Hands at Home (practical support in your home)
- Specialist support for young parents
- Black, Asian & Minority Ethnic Project – providing awareness raising sessions for families, communities and professionals
- Dads'/partners' support service
- Signposting to other agencies



You can access our service if:

- You are a mum or partner affected by mild to moderate pre and/or postnatal depression and/or anxiety
- You have a child under 2 years or are pregnant
- Are a Birmingham resident and/or are registered with a Birmingham GP

To access Acacia's services:
Call us on **0121 301 5990**
or visit our website www.acacia.org.uk
or ask your health professional to refer you





www.acacia.org.uk

T: 0121 301 5990

Monday to Friday, 9.30am to 3pm

E: teamacacia@acacia.org.uk



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