

About pre & postnatal depression

Some of the most common signs and symptoms of PND are:

- Persistent feelings of sadness and low mood
- Loss of interest in the world around you and no longer enjoying things
- Feeling tired all the time and lack of energy
- Crying a lot over the smallest thing
- Feeling irritable or angry - a constant underlying sense of anxiety, maybe escalating into panic attacks or OCD
- Negative thoughts and feelings of guilt and 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 recent life stresses
- Or you may never have felt like this before





See www.acacia.org.uk for a fuller list of symptoms and causes

Young Parents' Project

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

0121 301 5990

Monday - Friday
9.30 - 3.00

 @Acacia_Family
 AcaciaFS
 www.acacia.org.uk
 help@acacia.org.uk



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Young Parents' Project

Struggling?

*If you're finding things difficult
we are here to help ...*

We offer **FREE** support across Birmingham, for mums and/or dads experiencing **low mood** or **anxiety**. Acacia provides time and space to talk through your feelings or concerns and explore ways to resolve them.

“Being able to talk with Acacia about my feelings really helped. I felt I was not alone and not a terrible person. To know I was not the only person to feel like this took away some of the horrendous guilt.”

Who we are...

Acacia is a unique charity that supports mums and families affected by ante or postnatal depression (PND) in Birmingham. PND is a common illness affecting 10-15% of women and is treatable.

Our young parents' service is funded by



Acacia is a Christian organisation that supports families from all faiths or none.

Our services are free of charge.

How we can help...

Our teams of trained staff and volunteers provide a range of services to help you feel better and start enjoying your baby, helping you to cope with the emotional and practical effects of postnatal depression, which are common.



We Offer:

- One to one befriending sessions at home or in the community
- Support service for dads
- Advice
- Coping skills
- Phone support
- Emotional support
- Signposting to other agencies
- Helping Hands at Home - practical support in your home

How to contact us...

24 or under? Give us a call on

0121 301 5990

or ask your health professional to refer you.

Alternatively text us for a callback on

07897 459627

48hr response time (Mon - Fri)



SCAN ME

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