

ABOUT PRE AND POSTNATAL DEPRESSION

A few of the common signs and symptoms of PND are:

- Persistent feeling of sadness and low mood
- Loss of interest in the world around you and no longer enjoying things
- Can't get to sleep or waking in the early hours and not being able to get back to sleep
- Feeling tired all the time and lack of energy
- Crying a lot over the smallest thing
- Feeling irritable – a constant underlying sense of anxiety, maybe escalating into panic attacks or OCD
- Feeling emotionally disconnected from or even rejected by your baby
- Perhaps feeling rejected by friends, family, even your partner and your baby or children
- Feeling lonely and isolated
- Feeling guilty about everything – especially about being such 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.

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



Acacia Family Support
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0121 301 5990
Monday to Friday, 9.30 am to 3 pm

 @Acacia_Family

 AcaciaFS

www.acacia.org.uk



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“ I could talk honestly and openly about how I felt, knowing the befrienders and other mums had been through depression. I did not feel they were judging me as I felt perhaps other mums would.”

STRUGGLING TO COPE WITH YOUR PREGNANCY OR LIFE WITH YOUR NEW BABY?

WE ARE **HERE**
TO HELP YOU

Acacia Family Support
Improving the lives of mothers
and families affected by **pre and**
postnatal depression and anxiety.

“ Meeting and 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.”

ABOUT ACACIA

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

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

Our services are free of charge.

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 (under 25s)
- Black, Asian & Minority Ethnic Project – providing awareness raising sessions for families, communities and professionals
- Dads' support service
- Signposting to other agencies
- Services delivered across Birmingham from various locations.

WHO CAN ACCESS OUR SERVICES?

Criteria

- Mums and partners affected by pre and postnatal depression and/or anxiety
- Have a child under 2 years or pregnant
- Is a Birmingham resident
- Is registered with a Birmingham GP

“ 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 DO I ACCESS ACACIA'S SERVICES?

Give us a **call** on:
0121 301 5990
or email:
teamacacia@acacia.org.uk
or ask your health professional to refer you