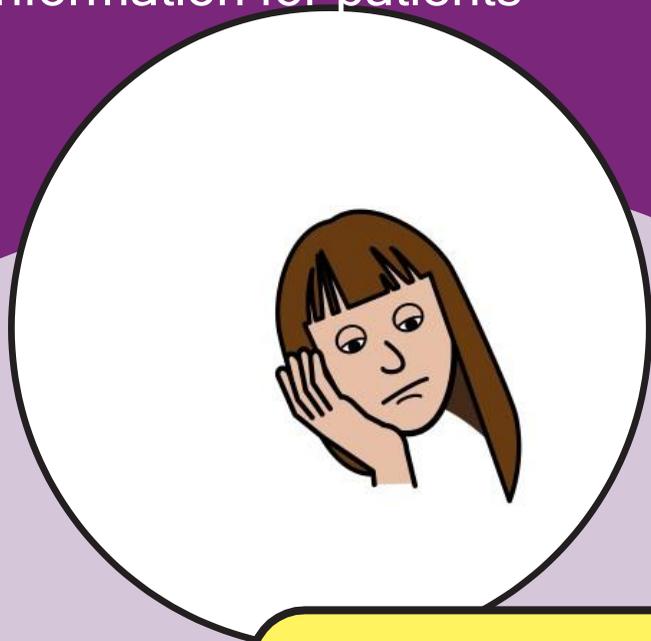




Humber and North Yorkshire
Health and Care Partnership

Your mental health in pregnancy and after birth

Information for patients



Easy Read

An emotional or mental health problem is when it becomes difficult to cope with your thoughts and feelings. There are different types of mental health problems. The most common are depression and anxiety.

Depression is when you feel sad or down for many weeks or months.

At times we might feel sad or worried and upset. This is ok and does not mean we are mentally unwell. Sometimes we are having a bad day.

Anxiety is a feeling when you feel worried or afraid a lot of the time. It is normal to feel anxious sometimes.

Anxiety normally comes and goes. Sometimes it can be a small feeling in the back of our mind. Sometimes it is a BIG feeling that we can't get rid of.

When it is a big feeling that is happening a lot, then we might need help to cope with this.

Having these feelings can be upsetting, confusing and frightening.

But with the right care, treatment and support you can feel better.

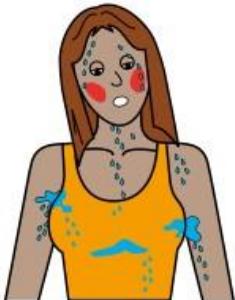
easy read



dizzy



sweating



This booklet uses easy words and pictures.

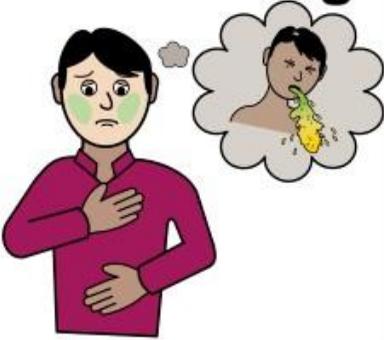
You may need someone to help you understand it.

Anxiety can be felt with physical symptoms like:

Feeling dizzy or lightheaded.

Sweating or hot flushes.

sick feeling



Feeling sick or a funny feeling in your stomach.



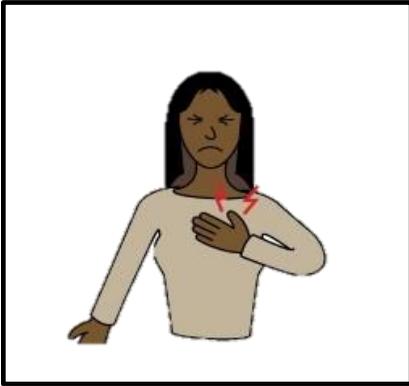
Headache, backache or other aches and pains.

can't sleep



Unable to sleep or get back to sleep.

Hard to wake up, sleeping too much then feeling tired or sleepy.



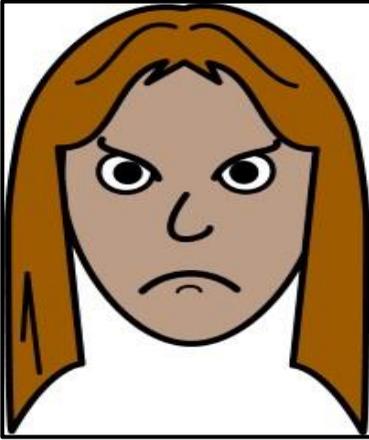
Faster breathing or a fast and thumping heartbeat.

You could have panic attacks - this is where you suddenly feel faint, dizzy, shaky and you might find it hard to breathe.

Some feelings are emotional.



Feelings like something bad will happen.



Feeling irritable, snappy and on edge.



forget

Finding it hard to concentrate or remember things.



Sometimes you might have worries about the birth or are worried about your baby, you speak to your midwife about these worries.

**can not
relax**



Feeling restless and cannot relax

Anxiety can stop you from doing things you want to.

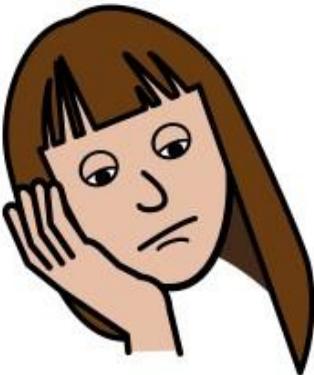
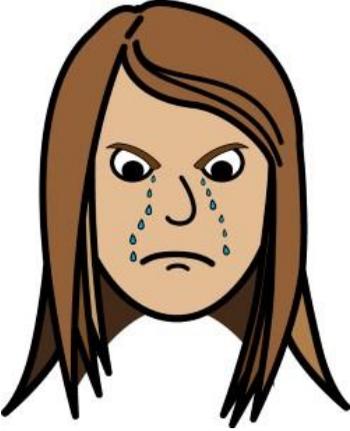
It can stop you from learning or trying new things It can make you avoid things because they make you anxious?

When these feelings are happening a lot, you might need some support.

Depression is when you feel sad or down for many weeks or months:

Feeling sad and upset and you want to cry a lot.

Feeling useless, guilty and bad about yourself. Or feeling hollow and numb.



bad thoughts

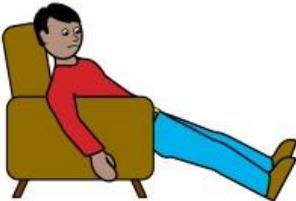


Feeling hopeless and miserable.



Feel like you and your feelings are separate things. Like you are watching yourself in a film.

couldn't be bothered



Feel like you need to stay away from people and not going out. Not enjoying the things you usually enjoy. That everything is difficult.



Angry and upset and
can't be bothered with
your partner.
Not letting your
partner/anyone help.



Feeling that your baby
doesn't like you.



Feeling so bad that
everyone would be
better off if you were not
there.



HELP

You can ask your Midwife doctor or health visitor for help.

Asking for help, does not mean your baby will be taken away.

Struggling with your emotions does not mean you are a bad parent.

It can take time to bond with your baby.

Hull Talking Therapies

If you have a Hull GP, call 01482 247111.

Or complete our online referral form

visit www.nhs.uk/help

East Riding Talking Therapies

Self-refer by calling: 01482 335451 - available from 8am - 6pm, Monday to Friday.

Or go online to refer into the service by

visiting <https://iaptportal.co.uk/erew.html>

Northeast Lincolnshire Talking Therapies

Call 01472 625100 or

email: info.navigo@nhs.net or the online referral web address

is: navigocare.co.uk/NHSTalkingTherapies

North Lincolnshire Talking Therapies

Make a referral by contacting 01724 867297 or

online to refer <https://iapt.rdash.nhs.uk>

York and Selby Talking Therapies

Refer online

at www.yorkandselbytalkingtherapies.co.uk

Monday-Friday 9am-5pm Tel: [01904 556820](tel:01904556820)

North Yorkshire Talking Therapies

Self-refer online -

www.northyorkshiretalkingtherapies.co.uk

Harrogate 01423852137,

Hambleton and Richmondshire 01609 768890

Whitby, Scarborough & Ryedale 01947 899270

This leaflet has been developed by HNY Local Maternity and Neonatal System (LMNS) using images developed by Leeds Teaching Hospitals NHS Trust.



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