



Nottingham and Nottinghamshire Talking Therapies



CHANGE CAN BE HARD.

WE ARE HERE TO HELP.

Being pregnant, going through childbirth, and caring for a new baby can bring up many unexpected negative feelings. At NHS Talking Therapies, we can help you understand these feelings and provide tools to manage any symptoms you may be experiencing.







0333 188 1060



Text 'NOTTSTALK' to 88802



www.notts-talk.co.uk

Services provided by

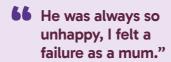






It's important to know that 1 in 4 women experience anxiety and/or depression during pregnancy and up to two years after having a baby. Similarly, 1 in 10 men can also face anxiety and depression following the birth of their child. We offer a non-judgmental, confidential service with qualified practitioners who are here to help you move forward.





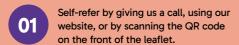
- Parent



- for me during my perinatal period.

 I was overwhelmed with anxiety and depression, but the support and tools I received helped me understand my feelings and manage my symptoms."
 - Talking Therapies Patient

Our easy 3-step approach



- You will be assessed by a friendly member of our team. Together, we will agree the best support for you.
- A fully qualified therapist will support you throughout your treatment.

Scan to self-refer



Self-refer via our website, telephone, email, or by scanning the QR code with your mobile phone.

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