

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.




**Scan to
self-refer**



 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.



“ He was always so unhappy, I felt a failure as a mum.”

– Parent



“ Talking therapies were a lifesaver 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

01

Self-refer by giving us a call, using our website, or by scanning the QR code on the front of the leaflet.

02

You will be assessed by a friendly member of our team. Together, we will agree the best support for you.

03

A fully qualified therapist will support you throughout your treatment.

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