

Pregnancy and Early Parenthood

**Within NHS Talking
Therapies, for anxiety
and depression**



**Are you or your
partner pregnant?**

**Are you currently a
parent of a child aged
24 months or under?**

**Are you a main
caregiver to a child
aged 24 months
or under?**



for anxiety and depression

Service provided by Greater Manchester Mental Health NHS Foundation Trust

Approximately 68% of women and 57% of men with poor mental health are parents¹.

1 in 10 new fathers become depressed after having a baby².

This can happen to anyone. It is not your fault!

Have you or your significant other experienced any of the following:

- Irritability and/or anger
- Difficult or unexpected feelings towards your pregnancy, baby or your partner
- Anxiety, worry and tension
- Lack of motivation and interest
- Suicidal thoughts
- Ideas to harm yourself, your partner or your child
- Unwanted intrusive thoughts or memories or flashbacks
- Poor sleep even when your baby sleeps well
- Anxiety about labour or struggling to come to terms with a difficult labour (your own or your partner's)
- Feeling worried about the pregnancy or complications
- Feeling overwhelmed by your or your partner's pregnancy, or parenthood in general

Common thoughts in the Perinatal period:

- I feel really lonely
- I don't feel supported
- I should be happy because I'm pregnant/have a baby/I am or will become a parent
- I have failed as a parent
- No one else feels like I do
- If I say how I'm feeling/what I'm thinking, they might take my baby away
- I feel like crying/can't stop crying all the time, I feel sad
- It's my fault if my baby is fussy
- I just can't be bothered to do anything/see anyone
- I feel hopeless, I should be able to cope
- I feel like I have lost my identity
- I feel ashamed of my postnatal body
- I should be a perfect parent
- I feel anxious about my baby's safety

Who we are

We are NHS Talking Therapies, a service for anxiety and depression. Our programme of talking therapies is widely recognised as the most ambitious in the world and in the past year alone more than one million people accessed Talking Therapies services for help to overcome their depression and anxiety, and better manage their mental health.

Our NHS Trust are committed to promoting equality and diversity. We welcome people from all ethnic backgrounds and families with different structures and different needs (same sex couples, different sex couples, single parents, surrogate mothers, trans parents, adoptive parents, parents raising gender neutral children and many more).

What we offer

We are a Talking Therapies service and offer primarily Counselling, Cognitive Behavioural Therapy (CBT) and Couples Therapy. We prioritise Perinatal clients – expectant parents and their partners at any stage of pregnancy, and parents or main caregivers to a child up to the age of 24 months.

We usually offer 1-1 sessions, 50-60 minutes long (face-to-face, video or telephone) and we also run groups designed for the Perinatal period (such as in Compassion Focused Therapy).

Accessing our service

You can ask your GP, midwife, health visitor or any other health professional you are working with to refer you, or alternatively please self-refer by completing a short form at:

<https://www.selfhelpservices.org.uk/referrals/>

or through contacting Self-Help Services on **0161 226 3871**.

Depending on the outcome, they may offer you an assessment or step your referral up to us or signpost you to other services. Self-Help Services also prioritise Perinatal clients.

One in six adoptions were to LGBT+ people in England in 2019/20³



1 in 5 women experience mental health problems during the perinatal period⁴

For further information, please visit:

www.gmmh.nhs.uk/pregnancy-and-early-childhood



Helpful Perinatal Apps:

www.gmmh.orcha.co.uk

Helplines

If you need further help, please reach out to us when you need us, our GMMH helpline **0800 953 0285** is **24/7**

You can also call the Samaritans on **116 123** or email them at **jo@samaritans.org**

Service provided by Greater Manchester Mental Health NHS Foundation Trust.

¹Royal College of Psychiatrists

²<https://www.nhs.uk/mental-health/conditions/post-natal-depression/overview/>

³Department for Education

⁴Greater Manchester Perinatal and Parent Infant Mental Health Service: Championing 1001 Critical Days

Please contact us if you require support with this information, including other languages, audiotape, Braille or larger print.

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