



Central and  
North West London  
NHS Foundation Trust

# Hillingdon Talking Therapies Service

## Wellbeing for Mums Group



*Wellbeing for life*

## Are you struggling to cope with the adjustment to parenthood?

If you are feeling low, isolated, anxious or emotionally overwhelmed, you may benefit from our support; talking helps.

We run a six-week programme for mums who need emotional support. This is a chance to meet other mums, build a network and learn new skills to help you cope.

**Please speak to your health visitor, GP or children's centre staff to be referred to Hillingdon Talking Therapies Service.**

## Postnatal depression

Mood changes, irritability and episodes of tearfulness are common after giving birth.

These symptoms are often known as the 'baby blues' and they usually clear up within a few weeks.

However if your symptoms are more persistent, it could be postnatal depression.



Postnatal depression is a type of depression some women experience after having a baby. Anxiety affects a lot of mothers too.

- Postnatal depression can develop within the first six weeks of giving birth, but is often not clear until around six months. It can affect you for up to a few years after birth.
- Postnatal depression is more common than many people realise, affecting around one in ten women who have had a baby.
- Women from all ethnic groups can be affected. Teenage mothers are particularly at risk.
- Anxiety or low mood can sometimes go unnoticed and many women are unaware they have postnatal depression, even though they don't feel quite right.

## **How postnatal depression might affect you**

You may experience feeling some of the following:

- Sad, low
- Tearful for no apparent reason
- Thoughts of worthlessness
- Hopelessness about the future
- Tired
- Unable to cope
- Irritable and angry
- Guilty

- Hostile or indifferent to your husband or partner
- Hostile or indifferent to your baby

You may find that you:

- Lose concentration
- Have disturbed sleep
- Find it hard to sleep, even when you have the opportunity
- Have a reduced appetite
- Have a lack of interest in sex
- Have thoughts about death

## How can we help?

People are affected in different ways after having a baby and the group sessions will explore this. We will look at:

- Ways of changing behaviours and challenging negative thoughts
- Ways of dealing with worry and techniques to manage difficulties
- Relaxation and mindfulness techniques that can be used in everyday life

## Tell us, we're listening!

Our staff want to know how they are doing. Tell us what you think at:

**[www.cnwl.nhs.uk/feedback](http://www.cnwl.nhs.uk/feedback)** and then we'll know what we have to do.

# Upcoming sessions 2018

## Yiewsley Children's Centre

Colham Avenue, Yiewsley UB7 8HF

### Group sessions:

Wednesday 18 April, 1pm to 2.30pm

Wednesday 25 April, 1pm to 2.30pm

Wednesday 2 May, 1pm to 2.30pm

Wednesday 9 May, 1pm to 2.30pm

Wednesday 16 May, 1pm to 2.30pm

Wednesday 23 May, 1pm to 2.30pm

### Autumn

Wednesday 31 October, 1pm to 2.30pm

Wednesday 7 November, 1pm to 2.30pm

Wednesday 14 November, 1pm to 2.30pm

Wednesday 21 November, 1pm to 2.30pm

Wednesday 28 November, 1pm to 2.30pm

Wednesday 5 December, 1pm to 2.30pm

Crèche available for babies between six months and five years. Babies and breastfeeding are welcome in all sessions.

**For more information, please contact Hillingdon Talking Therapies Service.**

**Tel:** 01895 206 800

**Email:**

hillingdontalkingtherapies.cnwl@nhs.net

This document is also available in other languages, large print, Braille, and audio format upon request. Please email [communications.cnwl@nhs.net](mailto:communications.cnwl@nhs.net)

الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف  
**Arabic**

دیگر، در چاپ درشت و در فرمت صوتی موجود است.  
این مدرک همچنین بنا به درخواست به زبانهای

## **Farsi**

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

## **Bengali**

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

## **Somali**

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

## **Portuguese**

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

## **Tamil**

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

## **Spanish**

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

## **Polish**

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

## **Gujarati**

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

## **Turkish**