



A Guide to Post-natal Depression by mums for mums

Netmums is a network for parents, with 600,000 members nationwide. It works through the internet at www.netmums.com, to connect people with each other and to provide information and support, both on a local and national level.

Research has shown that up to half of mothers feel they may have had postnatal depression at some point. Yet strangely this is not a subject openly discussed over coffee at toddler groups. Many mums hide their feelings from their family and even from themselves. They put on a mask for the outside world. After all, everyone else seems to be coping.

This guide provides some information on post-natal depression, ideas and suggestions for things you might do to help yourself recover, and details of further support available.

-  **10 Steps to Recovery**
-  **The symptoms**
-  **Advice about seeing your GP**
-  **About antidepressant medication**
-  **Talking to your family and friends**
-  **About counselling**
-  **Some important self help tips**
-  **Finding like minded friends**
-  **Getting local help and support**
-  **Find out more**

Ten steps to recovery

1. Could you have postnatal depression?

If you feel something isn't 'quite right' and maybe hasn't been for some time, consider the possibility that you may have postnatal depression. The first step to recovery is in admitting to yourself that something isn't right.

2. See your doctor or health visitor

Make an appointment to see your doctor or health visitor. Tell them everything about how you are thinking and feeling. Remember postnatal depression is a *common treatable illness*.

3. Medication?

If your doctor suggests antidepressant medication, don't be afraid of it. Treatment for postnatal depression has come a long way from the days of heavy tranquillisers. A course of antidepressants may be what you need to correct the chemical imbalance which causes your symptoms and to give you back the energy you need to take control of your life again. When your GP talks to you about antidepressants take that opportunity to discuss any concerns you might have for yourself or your baby with regards to taking medication.

4. Tell your family and close friends

Everyone needs to lean on the people close to them at some time in their lives. This is the time for you to stop being the one everyone else leans on and allow your partner, family and close friends to support you for a while. Talking about your feelings is really important - it is part of the cure. So hand them a glass of wine or a cup of tea, tell them you need them to listen and start talking.

For those mums who do not have close family or friends then your Health Visitor or Netmums 'meet-ups' might be a good starting place to find the support you need and deserve.

5. Counselling

Many mums find counselling helpful - it's a 'talking therapy'. There are different types of counselling approaches one of them is called Cognitive Behavioural Therapy (CBT). This is what the NICE guidelines are recommending as helpful for PND. The government is working hard to ensure that you are able to get this for free via the NHS. A talk with your doctor would help determine if it is the right choice for you and whether or not to make a referral.

CBT is often offered to help a mum short term. You may only be offered - up to 6 sessions - helpful to some and not so helpful to others. Some people prefer other counselling approaches and perhaps longer term counselling spread over months rather than weeks. Again a discussion with your family doctor will help you find out what is best for you. Also what's available in your area?

If longer term counselling is not on offer via your medical practice then your GP might be able to recommend you to an individual counsellor or organisation - this maybe a private arrangement between you and the counsellor, often being a financial cost to you. Friends who have already been down the counselling route may also be able to recommend someone to you.

Read more about counselling on this website www.bacp.co.uk

6. Little things you can do to help yourself...

Be compassionate and patient with- yourself.-by Looking after yourself., Try doing little things just for you. These things are very important in speeding up the recovery process. Remember, you are a human being, not superwoman, so be patient and allow yourself to get better. You wouldn't be expected to play tennis with a broken arm...so don't feel you need to do everything or push yourself to get "back to normal" as soon as possible.

7. Find like minded friends

Just one 'like minded' friend can be enough to get you through the day. Someone to go for a walk with have coffee and a chat. Here are some ways you can start to make new friends locally.

8. Get local help and support

You might not have family locally and you can't do it all by yourself. There are ways you can get local help and support during this tough time.

9. Find out more

There are professional organisations that provide further information, research and support and some excellent books that will help you to understand that this is a common and curable illness and you are not going mad.

10. Remember these 4 things every day

- Post-natal depression is an illness (compare it to appendicitis)
- You will get better but it might take time
- Even if you don't feel it you are doing a good enough job
- You are a good mum

The symptoms: how do you know if you have postnatal depression?

**Do you feel that something just isn't right...that you just don't feel yourself?
Could post-natal depression be a possibility?**

Depression is often considered in terms of mild, moderate and severe.

Mild depression is diagnosed if you have 'low mood' or 'loss of interest or pleasure' in your relationships and surroundings and three of the other symptoms. However, if you have mild depression you are probably able to carry out your every day activities.

Moderate depression is diagnosed if you have 'low mood' or 'loss of interest or pleasure' in your relationships and surroundings and you have 5 or 6 of the other symptoms. If you have a moderate depression you will probably be having difficulty in carrying out your every day activities.

Severe depression is diagnosed if you have 'low mood' or 'loss of interest or pleasure in your relationships and surroundings and also have 7 or more symptoms. Sometimes slowing down of your movements and speech. Someone who has a severe depression will be in a highly dysfunctional state, not be able to carry out their every day activities and often have distressing feelings of worthlessness and guilt, they may also have suicidal thoughts.

Symptoms

- Low mood
- Loss of interest or pleasure in your relationships or surroundings.
- Constantly feeling tired. No energy (NB: ask your GP about a thyroid function blood test and a full blood count to rule out anaemia or hypothyroidism)

- Sleeping problems - can't get to sleep or waking in the early hours and not being able to get back to sleep
- Crying a lot, often over the smallest things or for no reason at all
- Can't eat or over-eating
- Physical aches and pains, such as headaches, stomach pains or blurred vision and worrying that it is something terminal or serious
- Lack of motivation to get up and do anything, feel things are piling up around you.
- A constant underlying sense of anxiety maybe escalating into panic attacks. Easily "set off" and difficult to calm down
- Difficulty concentrating, say on a book or film or even on a conversation
- Putting on a front. Feeling like you are playing out a role rather than just living the moment
- Feeling lonely and isolated. Perhaps feeling rejected by friends, family, even your partner and your baby or children. Or avoiding going out and meeting people.
- Sense of feeling overwhelmed and unable to cope
- No interest in sex
- Feeling guilty about everything - especially wondering if you are being a bad mother
- Overly anxious and over protective of your baby
- Feeling emotionally disconnected from or even rejected by your baby.
- Strange, frightening thoughts or visions popping into your head about harming yourself or the baby or awful things happening

Seeing your GP or Health Visitor

The first thing you need to do, if you haven't already, is see your GP or Health Visitor as soon as possible. Tell them all the symptoms that are troubling you. Even if you are having scary thoughts about harming yourself or your baby, tell your doctor. Many women fear admitting these thoughts in case they are judged unfit mothers but your doctor will not judge you. This is a well known symptom of postnatal illness and doctors know that they need to take you seriously and that fortunately these scary thoughts are rarely, if ever, acted upon.

It may be an idea to write your symptoms and feelings down before you go, or print out the list above and underline or tick the ones that affect you. Or take a friend or your partner with you. Many mums find the relief of admitting their feelings causes them to break down in tears when they start talking to their doctor. This is good - the doctor needs to know how you are really feeling to know how best to help you.

You may be prescribed antidepressants and or offered counselling. If you saw your doctor first, they will with your permission want to tell your Health Visitor or vice versa. Health Visitors are often more knowledgeable about postnatal depression and many have counselling skills. They can give you extra support through home visits etc and some Health Visitors are now trained to offer counselling for postnatal illness. Your doctor will also probably ask to see you at regular intervals.

Very few people find their doctor to be unapproachable or unhelpful. If you find this, then ask to see another doctor in the practice. If this is not possible you may want to consider registering with a different surgery. Your friends or the surgery receptionists are usually able to recommend a helpful doctor within the practice. .If you are prescribed antidepressants, but then decide you really don't want to take them, go back and discuss this with your GP. Don't just put them in the cupboard and walk away. Talk about the possible alternatives - some GPs are now prescribing 'exercise', as exercise classes are known to help.

Footnote: While you are there, if you are up to it, it may be a good idea to discuss contraception. A discussion about what would be best for you in your circumstances would help you to plan your family accordingly.

The role of Health Visitors

Your Health Visitor is there to help **you** and your baby. In many areas of the country they will arrange to see you when your baby is about 6 weeks old. This will be an opportunity to discuss your moods and feelings with you. In some areas, Health Visitors use a questionnaire called the Edinburgh Post Natal Depression Scale or EDPS, as a basis for the discussion. It is a short series of questions where you are asked to rank your thoughts and feelings over the past week. If you are asked to fill this in, try to be honest. Your Health Visitor knows that postnatal depression is very common, and that it's NOT anything to do with a failure to cope or being a bad mother. If you find that it doesn't fully cover what you are going through, make sure you say so as well, Health Visitors are not mind readers!! The scale is designed for those with depression, it doesn't cover the anxiety end of the spectrum so well.

If at the time you don't feel able to talk about how you are feeling, ask if you could make an appointment to see her at another time - perhaps she could visit you at home if you are currently at the clinic.

Antidepressants

You may not need or want antidepressants. Many mums, particularly those with milder symptoms, recover without them but they can be very effective for moderate and severe postnatal illness. Drug treatment for depression and anxiety has come a long way. You might be surprised to know there are nearly 9 million people in the UK taking antidepressants.

A little bit about them, there are 3 main types:

- *tricyclic antidepressants (TCAs) and related drugs,*
- *selective serotonin re-uptake inhibitors (SSRIs), and*
- *monoamine oxidase inhibitors (MAOIs).*

Simplistically antidepressants work by changing the level of certain chemicals in the brain called neurotransmitters. Normally, these chemicals pass signals from one brain cell to another, but in depression, some of them don't work properly. Antidepressants increase the level of active neurotransmitters.

Treatment with antidepressants usually starts with a TCA or SSRI. It takes about 10 to 14 days for the drugs to start working, and six to eight weeks for them to fully take effect. If you don't feel the benefit within that time, see your doctor again and he may try a different type - different people respond better to different drugs.

When you first start taking them there can be some side effects including a dry mouth, drowsiness and feeling slightly sick but this usually settles down after a week or two as you get used to the drug.

Antidepressants often have to be taken for a long time - at least 6 months after symptoms have resolved and it's important to have a discussion with your GP before coming off/ stopping and come off them slowly to prevent side effects.

Can I breast feed my baby? AND Can I take them during pregnancy? Are 2 common questions:

This is a discussion you need to have with your doctor as every mother's medical history and circumstances are unique to her. In considering what is best for you the doctor may have to consider the risks and benefits of any medical intervention and advise you accordingly.

For your own peace of mind it is always best to have a full discussion about your treatment with your family doctor before you start or end any medication.

Talking to your family

Research has shown that talking to people about the way you feel can be as effective as taking antidepressants. In one study 80% of mums recovered after seeing their health visitor for one hour a week for just 8 weeks.

Family and friends

Tell your family and friends. Talk to them about how you are feeling. Tell them you will get better and the old you will reappear but for now, you are ill and need special understanding. Maybe print out this page and hand it to everyone who cares about you.

For family and friends of a Mum with post-natal depression

- Please make sure that the Mum who isn't well (your wife / partner / daughter / sister / friend) sees a sympathetic doctor. If necessary go with her and ensure she tells the doctor the full problem.
- Please remember that this is an illness, as much as any other illness. She cannot help it, or "pull herself together" however much she tries or may want to.
- Listen to her as much as you can. Ask her about her thoughts and feelings.
- You can't offer a solution or a "fix" but just listening and maybe hugging and reassuring her is hugely important.
- Try and be sympathetic even if it is boring to listen to the same thoughts and emotions over and over again.
- There will be lots of good days and bad days. Help as much as you can with practical stuff but also let her do as much as she wants to. Leave her role in the home as open for her as possible so she doesn't feel she is a failure and you are taking over. Talk things over together so you both have a clear idea of what is helpful and what is not helpful!
- Don't push her to do things or go places that she feels uncomfortable with.
- Let her lead the way and set the pace.
- She may hate being left alone, especially in the early days. If so try and rally family and friends so there is always someone with her that she is comfortable with. If you don't have family and friends nearby there are organisations who can help ([click here](#))
- Arrange to take the baby and/or other children out some times, say Saturday mornings, and suggest she spends the time doing something just for her. A long bath, a massage, a hair appointment or you stay in with the children and encourage her to go out.
- Reassure and remind her - and yourself - that the support she gets will help her recover.
- You will get the old her back...be patient.

Counselling

Counselling has proven to be just as if not more helpful than anti-depressants. It offers an opportunity for you to talk to someone in confidence about your own thoughts and feelings and or the situation you find yourself in. Through exploration it is hoped that you will be able to understand yourself better and where necessary find new skills to help you manage your ability to cope with life better.

It can be especially useful if there is something in your life that you haven't dealt with, or if you haven't anyone to talk to about how you are really feeling. Some women acknowledge that their partners can be great with practical help but aren't so good at listening to lots of emotional outpourings as they themselves may become upset, anxious, bored or angry about the situation. It can therefore be a relief to have someone completely focused on you where you don't have to worry about "going on about yourself" or having to take care of them too!

The NICE Guidelines recommend Cognitive Behavioural Therapy (CBT) as having good outcomes for mums with postnatal depression. Discuss with your doctor about what is on offer in your area and if you would benefit from a referral.

CBT encourages you to explore and recognise unhelpful ways of thinking and then find more helpful thoughts. With PND your thought processes may become less rational - you may also become anxious or depressed in situations that wouldn't have affected you before.

Example: The next time you begin to feel anxious or unwell, consider the situation you are in as in where you are, who you are with and what is going on and rate your feelings.

The table below gives a few examples.

How you may be thinking	How to question it
<p>Trying to predict e.g. 'My baby won't grow properly unless she eats up all her food / has her milk.'</p>	<p>Am I predicting the future instead of facing it as it happens? eg: is your baby gaining weight/growing out of her clothes? Is she content and what does her growth chart say?</p>
<p>Thinking in extremes e.g. 'I'm a terrible mother and a total failure.'</p>	<p>How would someone else looking in view the situation? Would they see a failure? Or a mum with a happy baby and good relationship in a 'lived in' house?</p>
<p>Using the words "Should", "Ought" and "Must" a lot are telling yourself how you ought to behave e.g. "I must clean the house today."</p>	<p>Why should you? What will happen if you don't? Perhaps you could do things differently? What would you like to do today? 'I could just tidy up and clean one room today'</p>
<p>Considering the worst case scenario, If I go out, the baby will scream, I'll have a panic attack and make a total fool of myself and I won't be able to cope.'</p>	<p>What is the evidence to support the thought? On balance how often has this actually happened and how did you cope? Perhaps other people were concerned for you trying to manage an upset baby and would have willingly helped you if asked to?</p>

With **CBT** the counsellor will encourage you to write down what you were thinking about and you may start to see if a pattern emerges in terms of the types of thoughts you have, when they are more likely to occur i.e. situations, times etc. By actively looking at your thoughts regularly and seeking out more helpful thoughts you will eventually start to do it automatically and begin to feel better.

If this sort of approach seems useful to you, ask your GP or Health Visitor about the options in your area. An increasing number of health visitors are now trained to offer 'counselling' themselves. If the surgery waiting list is long, your GP may know of free or reduced cost counselling services offered by charities working in our area that could help. If you can afford to pay you might want to consider private counselling. It would be money well spent as you can't spend money on anything more important than your health. Get a recommendation from your doctor or Health Visitor, or go to the BACP or UKCP registers/websites to find qualified and experienced counsellors in your local area.

www.bacp.co.uk The British Association for Counselling and Psychotherapy
www.psychotherapy.org.uk The United Kingdom Council for Psychotherapy

Self help

The most important thing you can do for yourself is believe that you will get better. Be patient with yourself and remember that you will recover completely. This is a phase like so many others in life.

Family and friends

Research has shown that talking to people about the way you feel can be as effective as taking antidepressants. In one study 80% of mums recovered after seeing their Health Visitor for one hour a week for just 8 weeks. Talk to your family and friends about how you are feeling. Tell them you will get better and the old you will reappear but for now, you are ill and need special understanding. Maybe print out this page and hand it to everyone who cares about you.

Rest

Take as much rest as you can. This is very important, as tiredness seems to make depression worse. If you can, try and get a rest on your bed, every day, and sleep if possible. When possible avoid late nights, and try to get someone else to feed the baby at night or at least take it in turns. Some doctors believe that rest, peace and quiet, after the birth can help to prevent post-natal depression, so rest must play an important part in your convalescence.

Don't try to force yourself back to normal

Many mums feel that if they just keep busy and get on with life, things will right themselves. But it seems that the mind needs time to assimilate things and come to terms with your symptoms before you can mentally and physically move on. So, for example although going straight back to work might seem like the best thing, it may actually prolong the illness. You may however, benefit from some structure in your routine so consider if that would be helpful for you.

Treat yourself with gentleness

Where possible whilst you are unwell don't force yourself to do things which you do not really want to do or which may upset you. Limit as opposed to avoiding going to places doing activities or watching tv programmes that leave you feeling uncomfortable, distressed or anxious. The News is often the worst as Post-natal illness can cause you to feel overwhelmed by other people's difficulties or the sadness in the world. Remember at this time your emotions are fragile so 'handle with care!'

Treat yourself with kindness,

Do things that relax you and don't cause you anxiety. If you are up to it, try to do one enjoyable thing for yourself every day. This is not just indulgence - it will help your brain chemistry balance itself. You might include having your hair done, having a candlelit bath with lavender oil, watching a DVD or the birds in the garden, having a take away meal, buying a glossy magazine, or a bright new nail varnish. Doing some craft work like knitting, sewing or drawing etc may also be beneficial.

Enjoyable tasks may involve other people, but often just involve escaping for awhile. If you're a full-time mum, how about trying to get two hours off at the weekend. But if none of this appeals to you, if caring for the baby is all you can manage and you really couldn't care less about nail varnish then of course that's OK...just leave this bit but do come back to it when you are ready. Postnatal depression is full of phases and up and down patches.

Nourish your body and mind

If you feel generally depleted ask your doctor if taking a good multi vitamin and mineral supplement tablet once a day would be helpful. Do not go on a strict diet or go for long periods without food. Hypoglycemia - low blood sugar - can make things worse for a depressed mother. If you need to diet cut down on sweet and starchy foods and eat plenty of fruit or raw vegetables when you are hungry.

Exercise

Yes it is very difficult when you feel like this and have little or no motivation, but exercise has been shown to have real benefits for depression. Exercise helps to release endorphins (often known as "happy hormones") into your system which lift your mood in the short term and help to reset your brain patterns in the longer term. A brisk walk round the block with the pram would be a good start. Even on comparatively dull days the light of the day and the fresh air are beneficial to you - so look up and stride out!!!

If you find it difficult to do anything and just feel like sitting on the sofa all day (when the children allow it), try doing one task each day. The challenges you set yourself may be as simple as walking to the post office, making a phone call, writing a shopping list, or dusting the lounge. Choose everyday simple things... however mundane or small it seems, just achieving one thing each day is a really positive step forward.

There is no such thing as the perfect mother

One possible and unexpected symptom of post-natal depression is the sense of guilt and the thought that somehow you are - a bad mother. If that is how you are then stop wanting or trying to be a 'perfect mother', instead aim to be a more realistic "good enough mother". Be realistic about the housework do a little each day. It really doesn't matter if there is a bit of dust here and there. And children do not need homemade or organic food every day either. Tell yourself that you are a good enough mum and are doing your best. Your sense of guilt shows your awareness of how you are feeling and your endeavour to love your child. Keep a secret notebook or diary and write the things you do each day that make you a good mum, just the little things like cuddling, kissing, feeding, playing, listening. Remember these little moments and write them down. Read back every so often and you will be amazed how many "good mother" moments there are.

Feeling lonely and isolated is another painful and paradoxical aspect of post-natal depression. The anxiety, tiredness and lack of confidence can often imprison you at home, safely out of sight away from the coping, happy mums. But the loneliness and boredom seem to feed the depression. It's a vicious circle that needs breaking and it doesn't have to be too hard to do this.

Please remember that you are one of many, many mums feeling like this. The research done in "[A Mums Life 2007](#)" showed that 60% of mums do not live near their extended family (grandparents, sisters etc) and 61% were looking for new friends. Sadly, if everyone stays at home, none of us will ever meet so here are some gentle steps you can take when you are ready.

- Perhaps start by chatting to other mums online. It is easier to be confident and outgoing and you don't even need to be dressed! The [Netmums Coffee House](#) brings mums together from all over the country for chats, fun, advice and support. It is very friendly and welcoming. You can start by reading what everyone else is up to and join in when you are ready.
- Every area in the country has a dedicated **Meet a Mum board**. You can post a note or reply to a note already there. You can exchange emails, find out about each other and then arrange to meet up. Go to your local netmums site and click on the link to the Meet a Mum board on the left hand index.
- Your local netmums site (www.netmums.com) carries details of local parent and toddler groups. Everyone agrees that it can be daunting. Be brave and be prepared to talk to other mums there. Don't give up... it's like starting a new school or new job... it can take some time to feel you stop feeling like the new girl and feel you "fit in" and are part of the group. Maybe you could find a mum through the Meet-a-Mum board and brave the parent and toddler groups together...there is strength in numbers!
- Get out of the house. There is lots of stuff going on for parents and kids every day in your local area: toddler groups, swimming, indoor play centres, parks, farms... anything is better than trying to entertain a child all day at home alone. Your local netmums site (www.netmums.com) carries details of all these activities.
- If your child is starting pre-school, find out if you can join the parents committee or fund raising group. Once your children start "big" school, join the PTA (Parents/ Teachers Association) or offer to help out in the school once a week with reading or library. It's all about being part of things: feeling you are on the inside not the outside.
- As you get to know other mums a bit, invite one or two you feel you have something in common with to your house with their kids for a coffee and a play. Or invite them for tea: always a trying time of day. Based on our survey results, 6 out of 10 mums would like to make new friends - so statistically, that mum you start a conversation with will be just as pleased to talk to you... maybe she is more shy than you! As you go about your daily life just open a conversation with other mums. If they are on their own, they will probably welcome the diversion. It gets easier with practice!

Getting local help and support

Health visitors

Health visitors are there for the welfare of babies and children under 5 and their mothers and fathers. Amongst other things they are trained to understand postnatal illness and its effects on you and your family. - They are there to support you in whatever way they can. Make an appointment to see your Health Visitor. Most will endeavour to see you in your home and you can tell them about your feelings and how things are going. Your Health Visitor's contact details should be in the Red Book you have for your child. If you don't know how to reach your Health Visitor your doctor's surgery will be able to tell you.

You can also ask your Health Visitor whether she might be able to put you in touch with another mother who suffered from post-natal depression locally. It can really help to just have a chat with

someone else who's been through what you're going through. Your HV might also know about local postnatal depression support groups that you can attend.

Homestart

Home-Start is a charity which helps parents with young children by providing families with volunteer support. Whether you are struggling to look after several young children, or are suffering from postnatal illness, loneliness, children's behavioural problems, disability or ill-health, Home-Start are there to help.

As the UK's leading family support charity, Home-Start has 337 local offices, known as Schemes. Through these more than 10,000 volunteers help over 60,000 families each year.

Home-Start provides an informal, friendly family support. Very simply, volunteers offer regular support, friendship and practical help to young families under stress in their own homes. The idea is that your Home-Start volunteer visits you regularly, in your own home, usually once a week for between two and four hours. The visits are flexible and you decide together what to do during that time.

Sometimes you may want someone to listen, someone to talk to about your concerns or problems or sometimes just someone with whom to share an adult conversation! At another time you may want some more practical support such as help to play with the children or to get the family to the shops. Volunteers are not babysitters or home helps so any practical help is given as a friend would. For many families, this simple type of support makes a world of difference. While Home-Start does not have a magic formula to take all the problems away, parents say that having a friend to confide in, to cry with, to laugh with, to talk to, can make all the difference.

Phone the national Home-start line on 08000 68 63 68 or find out more on your Netmums website.

 **Find out more**

Many mums say they were desperate to find out more about their illness - that reading up on other mums' experiences and the views of experts help to reassure them that this is an illness and that they are not just "going mad".

There are also lots of books that have been published recently that can help you to understand what's going on and show you how you can help yourself. Many of these are available from your local library now too, so you might want to check before thinking of heading off to the bookshop!

Here are our recommendations for further reading and information:

 **Postnatal depression**

Surviving Post-Natal Depression.

At Home: No One Hears You Scream

Cara Aiken.

A moving account of 10 mother's stories, including fathers speaking.....

ISBN 1-85302-861-4 (2000) 176 pages,

£15.95

Feelings after birth

Heather Welford

Published by the NCT, this short book is helpful and comforting.

ISBN: 0954301803 (2002)

£5.99

Postnatal Depression, facing the paradox of loss, happiness and motherhood

Paula Nicholson

Written by a psychologist, looking at the different emotions that people go through at a time when there are 'meant' to be happy – also including stories from 24 women who've suffered.

John Wiley & Sons Ltd, ISBN 0-471-48527-6 (2001) 236 pages

£8.99

Life After Birth

Kate Figes

This book explores the physical, psychological, emotional, social, and sexual consequences of childbirth using interviews, medical and anthropological research, as well as drawing on Kate Figes' own personal experience. It tackles some of the more difficult aspects of motherhood and makes you feel you are not alone.

Penguin books, ISBN 0140252630 (2000) 304 pages

£8.99

The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness

Mark Williams, John Teasdale, Zindel Segal, Kabat Zinn

Written by four scientists, this book offers a unique approach to dealing with depression by bringing together scientific and meditative practices. Packed with realistic solutions, it is ideal for anyone suffering from depression who wants to achieve a better emotional balance.

ISBN 1593851286



Depression

Feeling Good, The New Mood Therapy.

David Burns

Cognitive Behaviour Therapy and more...

Avon books, ISBN: 0380810336 (1999) 736 pages

£4.99

Living with a Black Dog

Matthew Johnstone

From the author of the bestselling I Had a Black Dog, a touching and beautifully illustrated book, written for those who care for those suffering from depression.

ISBN-10: 1845297431

ISBN-13: 978-1845297435

£7.99



Useful Websites and Organisations

The Association for Post-natal Illness

This a registered charity established in 1979 to provide support to mothers suffering from post-natal illness, increase public awareness of the illness, to encourage research into its cause and nature. They have a helpline and a network of telephone supporters.

www.apni.org

Post natal Depression Project

If you live in Scotland, this wonderful support organisation has been running for 12 years and offers a telephone helpline and one-to-one and family counselling

Helpline 0131 538 7288 www.seemescotland.org.uk

The Birth Trauma Association

Supporting women with post-natal Post Traumatic Stress Disorder (PTSD) or birth trauma.

www.birthtraumaassociation.org.uk