

ABOUT PRE AND POSTNATAL DEPRESSION

A few of the common signs and symptoms of PND are:

- Persistent feeling of sadness and low mood
- Loss of interest in the world around you and no longer enjoying things
- Feeling tired all the time and lack of energy
- Crying a lot over the smallest thing
- Feeling irritable – a constant underlying sense of anxiety, maybe escalating into panic attacks or OCD
- Negative thoughts and feelings of guilt and of hopelessness
- Intrusive thoughts about harming yourself or your baby.

Some causes of PND:

- Previous depression (especially PND)
- Lack of a supportive network
- Experience of several recent life stresses.

PND can also come completely out of the blue.


See www.acacia.org.uk for a fuller list of symptoms and causes.



Acacia Family Support
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0121 301 5990

Monday to Friday, 9.30 am to 3 pm

 @Acacia_Family

 AcaciaFS

www.acacia.org.uk



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“I could talk honestly and openly about how I felt, knowing the befrienders and other mums had been through depression. I did not feel they were judging me as I felt perhaps other mums would.”

STRUGGLING TO ENJOY YOUR PREGNANCY OR YOUR NEW BABY?

WE ARE **HERE**
TO HELP YOU

Acacia Family Support
Improving the lives of mothers
and families affected by
pre and postnatal depression.

“ Meeting and being able to talk with Acacia about my feelings really helped. I felt I was not alone and not a terrible person. To know I was not the only person to feel like this took away some of the horrendous guilt.”

ABOUT ACACIA

Acacia is a unique charity that supports mums and families affected by pre or postnatal depression (PND) in Birmingham. PND is a common illness affecting 10-15% of women and is treatable.

Established in 2004 by a group of local mums, Acacia is a charity run by staff and volunteers, most of whom have suffered and recovered from PND or have a trained understanding of anxiety and depression. Acacia is a Christian organisation that supports families from all faiths or none.

Our services are free of charge.

HOW WE CAN HELP YOU

Our teams of trained staff and volunteers provide a range of support services to help you feel better and start enjoying your baby, helping you to cope with the emotional and practical effects of PND which are common.

We offer:

- One-to-one befriending sessions at our centres
- Psycho-educational groupwork using Cognitive Behavioural Therapy strategies
- Free crèche whilst you access our support services
- Phone support
- Helping Hands at Home (practical support in your home)
- Dads' support service
- Signposting to other agencies
- Services delivered across Birmingham from various locations.

WHO CAN ACCESS OUR SERVICES?

Mums, dads or family members in Birmingham affected by pre or postnatal depression (providing the child is under 2 years).

“ Since I have been supported by Acacia my mood has generally been much better and thanks to them I now have a really strong bond with my little boy and find great joy in being a mum.”

HOW DO I ACCESS ACACIA'S SERVICES?

Give us a **call** on:
0121 301 5990
or ask your health
professional to refer you.