

## What causes PND?

There is probably no single reason, but a number of different factors may lead to it. You are more likely to have PND if you:

- Have had depression (especially PND) before
- Do not have a supportive partner
- Have a premature or sick baby
- Lost your own mother when you were a child
- Have had several recent life stresses - bereavement, unemployment, housing or money problems

Even so, PND can start for no obvious reason, without any of these stresses, and having these problems does not mean that you will definitely have PND.

Even if you have been depressed for a while, support, therapy and medication can all help you to get better. It's never too late.

## About Acacia

Established in 2004 by a group of local mums, Acacia is a small but dynamically growing charity working in the North and East Birmingham area with active plans to extend services to additional areas.

Acacia is a volunteer led organisation, our weekly one-to-one support service is staffed by volunteers who have suffered post natal depression themselves or have a trained understanding of anxiety and depression. Our IAPT programme is staffed by therapists training in CBT on placement from Birmingham and Solihull Mental Health Trust.

*"I can't believe how quickly I've accessed the service! It's really helped Me"*

Acacia is a Christian Faith based organisation with a desire to promote understanding and co-operation between people of different faiths and cultures within the local community.

## Get in touch with Acacia

If you are looking for support, please call our Telephone helpline:

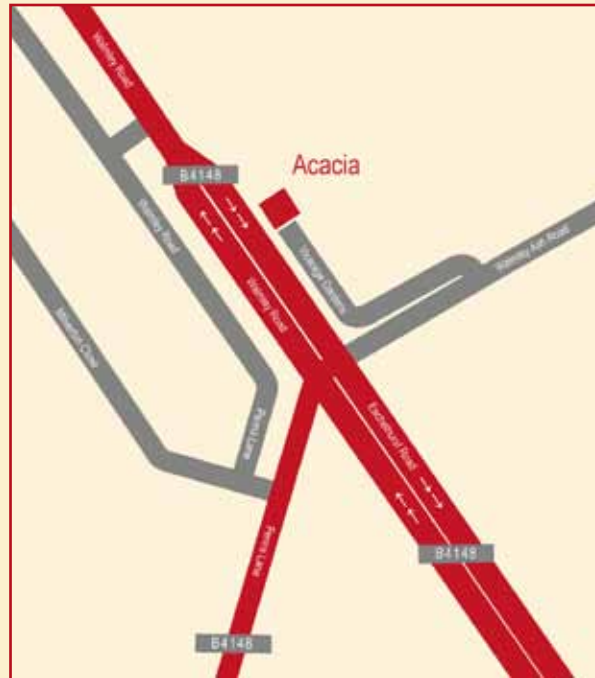
**07944 900499**

**Email: [help@acacia.org.uk](mailto:help@acacia.org.uk)**

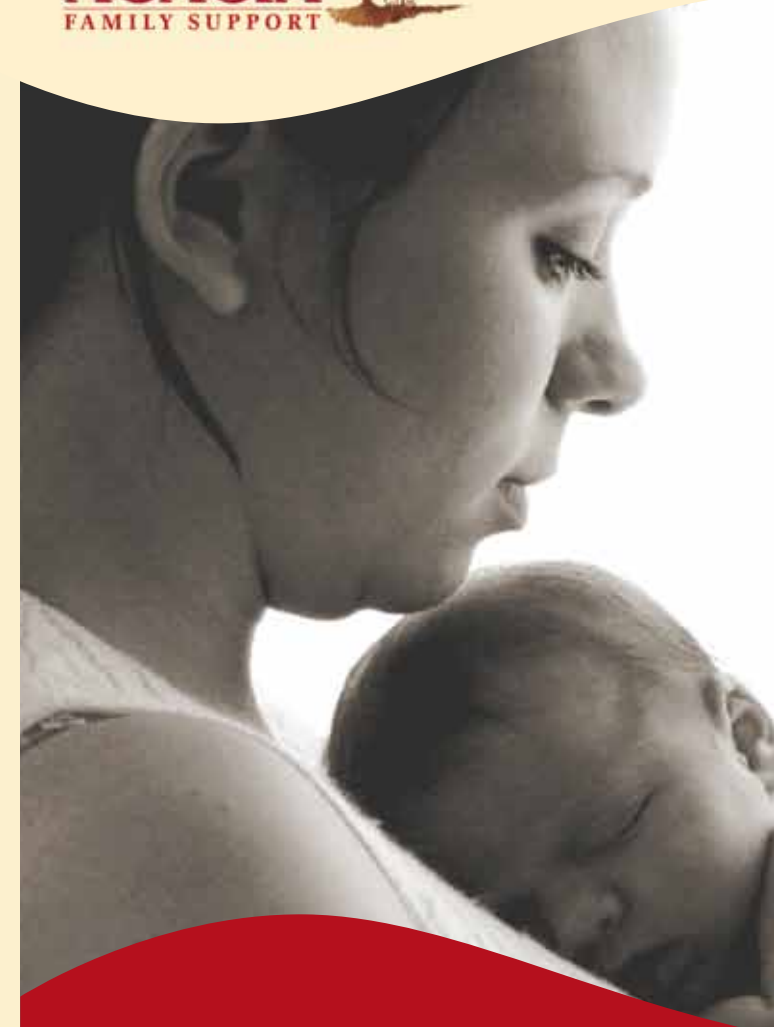
**[www.acacia.org.uk](http://www.acacia.org.uk)**

## Where are we?

St John's Church, 4 Walmley Road,  
Sutton Coldfield, West Midlands B76 1QN



Acacia is a registered charity number 1122831  
and a company limited by guarantee number 6217626



## PRE OR POST NATAL DEPRESSION?

Here to help you access our  
Cognitive Behavioural Therapy Service

## Who are we?

Acacia Family Support provide a weekly befriending service and telephone support for Mothers and their families affected by pre or post natal depression.

Acacia will also be working as part of the Improving Access To Psychological Therapies (IAPT) initiative to provide Cognitive Behavioural Therapy (CBT) to women struggling with pre and post natal depression and anxiety for the duration of 12 months.

The IAPT programme aims to improve access to evidence based talking therapies through an expansion of the psychological therapy workforce and services.



## About Postnatal Depression

Postnatal Depression is still an illness that is not widely understood by mums who experience it, or by their family and friends, yet a number of recent surveys have shown that around one in four mothers will suffer. Nevertheless, it is often viewed with shame and guilt by the sufferer, almost as if having Postnatal Depression makes you a "bad mother".

### Some of the main symptoms are :

- **Constantly feeling tired**
- **No energy**
- **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**
- **Feeling emotionally disconnected from or even rejected by the baby**
- **Overly anxious and over protective of the baby**
- **Lack of motivation to get up and do anything**
- **A constant underlying sense of anxiety maybe escalating into panic attacks**
- **Feeling lonely and isolated**
- **Perhaps feeling rejected by friends, family, even your partner and your baby or children**
- **No interest in sex**
- **Feeling guilty about everything - especially about being a such bad mother**
- **Physical aches and pains, such as headaches, stomach pains or blurred vision and worrying that it is something terminal or serious**

## What is Cognitive Behavioural Therapy?

Cognitive Behavioural Therapy (CBT) helps to challenge your thoughts, which can help to improve how you feel as well as impact on your behaviour.

The therapist will work alongside you to help change unhelpful patterns of thinking and behaviours that are causing or maintaining current problems. This involves practical exercises or experiments worked on either with the therapist or as homework alone. Cognitive behavioural therapy is used to treat the following common mental health problems:-

### • Depression

*" I feel sad and low all the time"*

### • Generalised Anxiety

*" I worry about everything and that gets me down"*

### • Health Anxiety

*" I worry a lot about my health and find it difficult to stay reassured that I'm ok"*

### • Obsessive Compulsive Disorder (OCD)

*" I am constantly preoccupied by my thoughts or rituals that I have to do"*

### • Panic

*" I get anxious and overwhelmed, and I feel panicky"*

### • Phobias

*" My fears around travelling whether it's lifts, tubes or planes prevents me from doing things"*

### • Post-traumatic Stress Disorder (PTSD)

*" I can't get over what happened - it's in my mind, awake or asleep"*

### • Social Phobia

*" I avoid people and social situations"*



## How do I access CBT at Acacia?

Self refer by contacting Acacia on 0121 301 5990 or 07861 402543  
Discuss a referral with your GP, Midwife or Health Visitor who can refer direct.

Or through a Primary Care Mental Health Team.

## Am I suitable?

You will be assessed to determine if CBT is the most appropriate therapy for you.

If it is you will then be contacted by a therapist who will make an appointment at a location based in the community as near as possible to where you live, i.e. Children's Centre, local church building or other community venue.

## What happens at the sessions?

- **The sessions are one to one.**
- **All discussions will be of a confidential nature.**
- **We will work collaboratively in order to explore and identify any common mental health difficulties you are struggling with.**
- **Sessions will take place in a safe and secure environment, in order to develop coping methods to aid recovery.**
- **CBT is client led therapy which allows you to identify and attain your therapy goals..**