COMMON SIGNS & SYMPTOMS

Anxiety ચિંત। (Cintā) चिंता (Chinta) ਚਿੰਤਾ (Citā Anxiété উদ্বেগ (Bangladeshi) بے چینی (Urdu)

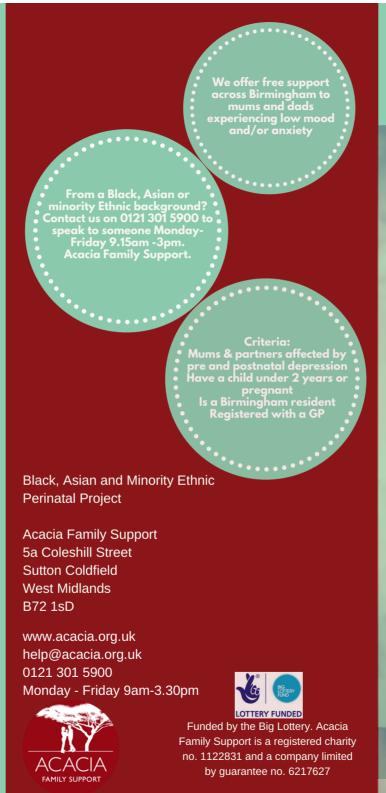
Difficulty bonding with baby બાળકની સંભાળ રાખવી મુશ્કેલ (Bāļakanī sambhāļa rākhavī muśkēla) बच्चे की देखभाल करना मुश्किल है (bachche kee dekhabhaal karana mushkil hai) ਬੱਚੇ ਦੇ ਨਾਲ ਰਿਸ਼ਤਾ ਮੁਸ਼ਕਲ (Bacē dē nāla riśatā muśakala) Difficulté de liaison avec bébé ساتھ مشکل تعلقات

Low energy/ strength ओछी ਹ।।।। (Ōchī tākāta) कम शक्ति (kum Shakti) ਘੱਟ ਤਾਕਤ (Ghaṭa tākata) Faible résistance کم طاقت نخفاض القوة Sleeplessness/ tiredness अनिद्रं (Unagra) नींद हराम (Neend Haram) ਥਕਾਵਟ (Thakāvaṭa) Fatigue দুর্বলতা کم توانائی

Body ache/ pain शरीरमां हुआयो (Śarīramāṁ dukhāvō) शरीर दर्द (shareer dard) ਸਰੀਰ ਨੂੰ ਦਰਦ (Sarīra nū darada) Courbatures শਕੀਕਿਕ ਗ੍ਰਾਪ حسم میں در د

Crying २५ती (radati) रोना (rona) ਰੋਣਾ (Rōṇā) Pleurs ক্রন্দিত رونا

Lack of attention/ concentration ધ્યાન અભાવ (Dhyāna abhāva) ध्यान की कमी (dhyaan kee kamee) ਧਿਆਨ ਦੀ ਕਮੀ (Dhi'āna dī kami) la déconcentration অমনোযোগিতা توحے کی کمی



STRUGGLING TO COPE DURING PREGNANCY OR AFTER BIRTH?

ગર્ભાવસ્થા અથવા જન્મ પછી સામનો કરવા માટે સંઘર્ષ

गर्भावस्था और प्रसूति के बादमे भी कठिणायाँ रहे क्या

ਗਰਭ ਅਵਸਥਾ ਦੌਰਾਨ ਜਾਂ ਜਨਮ ਤੋਂ ਬਾਅਦ ਸੰਘਰਸ਼ ਕਰਨਾ

Avez-vous du mal à faire face pendant votre grossesse où après votre accouchement?



Who are we...

ਅਮੇ કોણ છીએ हम कौन है ਅਸ ਕੌਣ ਹਾਂ qui sommes nous

আমরা কারা



Acacia is a unique charity supporting mums and families affected by pre or postnatal depression (PND). PND is a common public health issue effecting around 1 in 10 women.

The Perinatal Mental Health Project for Black, Asian and Minority Ethnic (BAME) is a 3 year funded project by the Big Lottery to raise awareness of PND within BAME communities.

Acacia is a Christian organisation supporting families from all faiths or non.

What we offer...

One to one befriending from our friendly, trained volunteers
Free creche services
Telephone support
Emotional support
Signposting to other services
Helping hands at home (practical support at home)
Workshops specific to different cultures
We also offer free training to organisations and professionals working with BAME communities

Our trained volunteers and staff can provide a holistic service to help you enjoy time with your baby, and help you feel better if you are experiencing a low mood or anxiety. They can help with emotional and practical support whilst taking into account your cultural practice.

How to contact us...

From a Black,

Asian or

Call us on 0121 301 5990 for more information.

Or ask your GP or health professional to make a referral on your behalf.

You can also text us for a call back on 07897 459627 (Mon-Fri, 48hr response time)

Visit our website www.acacia.org.uk

We offer...

If you are a health professional, working with BAME communities, you can contact us on 0121 301 5990 to discuss how we can offer you or your organisation free training.

...Free services