

COMMON SIGNS & SYMPTOMS

Anxiety चिंता (Cintā) चिंता (Chinta) चिंता (Citā)
Anxiété উদ্বেগ (Bangladeshi) بی چینی (Urdu)

Difficulty bonding with baby बाण्डनी संलाण राजवी
मुश्केल (Bāṅakanī sambhāṅa rākhavī muškēla) बच्चे की
देखभाल करना मुश्किल है (bachche kee dekhabhaal
karana mushkil hai) ਬੱਚੇ ਦੇ ਨਾਲ ਰਿਸ਼ਤਾ ਮੁਸ਼ਕਲ (Bacē
dē nāla rīśatā muśakala) Difficulté de liaison avec
bébé بچے کے ساتھ مشکل تعلقات

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

Body ache/ pain शरीरमां दुखावो (Śarīramān
dukhāvō) शरीर दर्द (shareer dard) ਸਰੀਰ ਠੂੰ ਦਰਦ (Sarīra
nū darada) Courbatures শরীরের ব্যথা جسم میں درد

Sad/sadness उदासी (Udāsī) उदासी (udasee) ਉਦਾਸੀ
(Udāsī) la tristesse तिरासद اداس

Crying रसदी (radati) रोना (rona) रोना (Rōṅā) Pleurs
क्रुद्धित रونا

Lack of attention/ concentration ध्यान अभाव
(Dhyāna abhāva) ध्यान की कमी (dhyaan kee kamee)
ਧਿਆਨ ਦੀ ਕਮੀ (Dhi'āna dī kami) la déconcentration
ਅਸਨੋਯੋਗਿਤਾ توجه کی کمی

We offer free support
across Birmingham to
mums and dads
experiencing low mood
and/or anxiety

From a Black, Asian or
minority Ethnic background?
Contact us on 0121 301 5900 to
speak to someone Monday-
Friday 9.15am -3pm.
Acacia Family Support.

Criteria:
Mums & partners affected by
pre and postnatal depression
Have a child under 2 years or
pregnant
Is a Birmingham resident
Registered with a GP

Black, Asian and Minority Ethnic
Perinatal Project

Acacia Family Support
5a Coleshill Street
Sutton Coldfield
West Midlands
B72 1sD

www.acacia.org.uk
help@acacia.org.uk
0121 301 5900
Monday - Friday 9am-3.30pm



Funded by the Big Lottery. Acacia
Family Support is a registered charity
no. 1122831 and a company limited
by guarantee no. 6217627

STRUGGLING TO COPE DURING PREGNANCY OR AFTER BIRTH?

ਗਰਮਾਵਸਥਾ ਅਥਵਾ ਜ਼ਰਮ ਪਈ ਸਾਮਨੋ ਡਰਵਾ
ਮਾਟੇ ਸੰਘਰਸ਼

गर्भावस्था और प्रसूति के बादमे भी कठिनायाँ 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?

ਗਰਭਾਵਸਥਾ বা শিশু জন্মের পর অবস্থা মোকাবেলার
অসুবিধা

بچہ ہونے سے پہلے
اور بچہ ہونے کے
بعد مشکلات کا سامنا



Who are we...

અમે કોણ છીએ

हम कौन है

ਅਸ ਕੌਣ ਹਾਂ

qui sommes nous

আমরা কারা

کون ہیں

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 Minority Ethnic community?

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