

# About pre & postnatal depression

Some of the most common signs and symptoms of PND are:

- Persistent feelings 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 or angry - 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 and/or anxiety (especially PND)
- Lack of a supportive network
- Experience of recent life stresses
- Or you may never have felt like this before

See [www.acacia.org.uk](http://www.acacia.org.uk) for a fuller list of symptoms and causes

Young Parents' Project

# Struggling?

*If you're finding things difficult we are here to help ...*

Young Parents' Project

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

**0121 301 5990**

Monday - Friday  
9.30 - 15.00



@Acacia\_Family



AcaciaFS



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



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



ForwardThinking  
Birmingham

We offer **FREE**

support across Birmingham, for mums and/or dads experiencing **low mood or anxiety**.

Acacia provides time and space to talk through your feelings or concerns and explore ways to resolve them.

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“ 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.”

## Who we are...

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

Our young parents service is funded by Forward Thinking Birmingham (FTB) from September 2016.

Acacia is a Christian organisation that supports families from all faiths or none.

Our services are free of charge.

## How we can help...

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

## How to contact us...

24 or under? Give us a call on

**0121 301 5990**

or ask your health professional to refer you.

Alternatively text us for a callback on

**07897 459627**

48hr response time (Mon - Fri)



## We Offer:

- One to one befriending sessions at home or in the community
- Support service for Dads
- Free crèche available
- Coping skills
- Phone support
- Emotional support
- Signposting to other agencies
- Helping hands at home (practical support in your home)
- Young parents focused group work



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www.acacia.org.uk



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