

To get in touch with us for support by post, just fill in your details below, and send it in an envelope, by first or second class post to:

Wellbeing Service, The Conifers, Drayton High Road, Norwich NR6 5BE

Your name:

Your date of birth:

Your address:

Postcode:

Your email address:

Your daytime phone number:

How would you prefer us to contact you? (tick one as appropriate)

Phone  Email  Post

Is it OK to leave a voice message?  Yes  No

Name of your GP:

Address of your GP:

Where did you hear about us?



## Contact us

 Wellbeing Service, The Conifers, Drayton High Road, Norwich, NR6 5BE

 [www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk)

 0300 123 1503

 Watch us on YouTube

 Follow us on Twitter

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If you would like this information in large print, audio, Braille, alternative format or a different language, please contact the Patient Advice and Liaison Service (PALS) and we will do our best to help.

Email [PALS@nsft.nhs.uk](mailto:PALS@nsft.nhs.uk)

or call PALS Freephone **0800 279 7257**

*Wellbeing Norfolk and Waveney and Wellbeing Suffolk are partnerships of NHS and voluntary organisations working together to offer a wide range of support for low mood, anxiety and depression.*

- Norfolk and Suffolk NHS Foundation Trust • VoiceAbility
- Suffolk Young People's Health Project (4YP) • Relate
- Noise Solution • Shaw Trust • Suffolk Family Carers
- MTCIC • Great Yarmouth and Waveney Mind
- Norwich and Central Norfolk Mind • West Norfolk Mind

*We work together to deliver a range of support interventions for people of all ages with low mood, anxiety and depression. For more information about who we see: [www.wellbeingnands.co.uk/about](http://www.wellbeingnands.co.uk/about)*

*Wellbeing is commissioned by Great Yarmouth and Waveney, North Norfolk, Norwich, South Norfolk, West Norfolk, Ipswich and East and West Suffolk Clinical Commissioning Groups.*

**wellbeing**

**NHS**

Helping you live your life

# Pregnant or have a baby and feel: Overwhelmed? Anxious? Low?

It is common for pregnant women and new parents to experience anxiety, depression or emotional distress. If you are troubled by any of these things, or know someone who is, we are here to help with a range of free and confidential support.

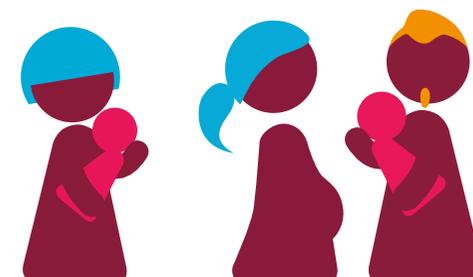
**Call us on: 0300 123 1503**  
**[www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk)**

 **WellbeingNandW**

 **@WellbeingNandW**

 **WellbeingSuffolk**

 **@Wellbeing\_Suff**



## What is the Wellbeing service?

Wellbeing offers a range of free and confidential support to help people make changes to improve their wellbeing and to help them cope with common mental health and emotional issues such as low mood, stress, anxiety and depression.

Our service is for people who are 16 years and over, living in Norfolk and Waveney.

## How can the service help me?

Having a baby can be an exciting and happy time. It is also a time of change and with this can come feelings of being overwhelmed, anxious and depressed. It is estimated that one in five women can experience emotional difficulties in pregnancy and the first year following the birth of a baby.

Anyone can experience this. Fathers also commonly experience significant changes in their mental health.

Common experiences of pregnant women or new parents are:

- Feeling tearful or low in mood
- Feeling irritable or angry
- Sleep disturbance not related to the baby
- Loss of appetite or overeating
- Feeling unable to cope or enjoy anything
- Mixed feelings about becoming a parent
- Anxiety about labour or the experience of a difficult labour
- Worrying about the baby or keeping baby safe
- Worrying about being a good enough parent

Experiencing emotional difficulties following the birth of a baby does not mean you cannot care for your baby, and anyone can experience these difficulties. Asking for support as soon as possible is important and gives you the best chance to get things back on track.

It is very common to worry about seeking help, and often it is hard to know what is wrong.

The Wellbeing service can help you to understand what might be happening for you and work with you to think about support that will help you to start to feel better.

The Wellbeing service offers a range of psychological and social interventions:

- One-to-one support
- Self-help advice
- Relationship counselling
- Workshops and group sessions
- Peer support and access to social groups
- Employment support

Getting out with a new baby can be tough, therefore the service supports new parents and pregnant women to access the service by offering appointments face to face, by telephone and we have a range of online options, including Skype and webinars.

## How can I get Wellbeing support?

There are a number of ways people can get our help:

- Ask their GP or any other health or social care professional to refer them to our service
- Get in touch themselves via our website [www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk) or by calling us on **0300 123 1503\*** (people aged 16 and over)
- Ask someone they trust to call on their behalf
- Fill in and tear off the form overleaf and post it to us
- We often hear from friends or relations who are concerned about someone close to them and don't know what to do. We are happy to talk to them to offer some general advice

This service is not for crisis or emergency situations. If you feel you are in crisis, experiencing feelings of despair or are suicidal, contact The Samaritans at any time on **116 123** or visit [www.samaritans.org](http://www.samaritans.org)

If you need an emergency service dial **999**.



*\*Depending on your provider call costs from a land line or mobile will vary.*