

What happens next?

We will ask you to meet with a member of our team to discuss what help you require, either in a clinic near to where you live or at your house. You are welcome to bring someone along with you; however we find it useful to speak with you alone for some of the time.

At this meeting we will gather information about you. We will take this information back to our team and decide how best to help you. If for some reason we are not the right service for you, we can give you advice about other services that may be helpful to you.

What about Dads?



Pregnancy and parenthood is a big change in both parents' lives. Fathers often need support and advice to cope with becoming a parent or supporting their partner.

We are happy to provide you with advice and information on services for Dads. You can visit the Dads Matter UK website on www.dadsmatteruk.org for guidance and support.

What can we do for you?

Our service can offer the following:

- Practical and emotional support
- Medication advice. It is very important not to stop your medication suddenly, unless advised by your GP to do so.
- A range of psychological interventions including Mindfulness and Perinatal Skills Group.
- Advice on local services and information.

We are a new team so we would like your thoughts on what services would be helpful to you.

Who is in our team?

- Consultant Psychiatrist
- Psychologists
- Specialised Midwife
- Mental Health Nurses
- Trainee and Placement Students
- Administrative Staff



If you feel you need our help, please speak to your health professional.

Patient Information Leaflet

Aneurin Bevan University Health Board

Perinatal Mental Health Service

Who are we?

We are a service that supports pregnant women and new mums (up to 6 months) who are at risk of, or have mental health difficulties.

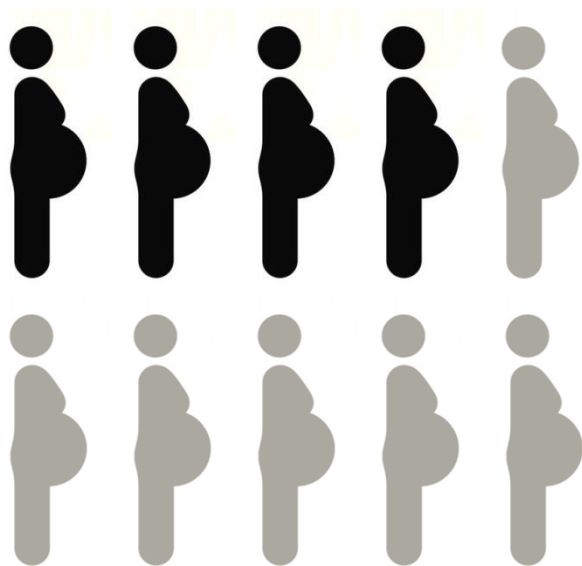




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Why have you been referred?

Mental health difficulties are very common during and after the pregnancy period, with up to 4 in 10 women reporting significant stress, anxiety and depression during and after pregnancy.



If you have had a mental health difficulty in the past, you may be at greater risk of developing problems again.



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"It was a relief to find out that I was not the only one feeling the way I was, during my pregnancy"

People often expect to feel great about being a new mum, and often this is not the case.

Having a baby is a life changing event.



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Why get help?

Some emotional changes are normal around pregnancy, and tend to go away within a few days (such as *Baby Blues*).



If you're experiencing mental health difficulties that are lasting for more than a week, or have had mental health difficulties in the past, we know that getting help can prevent problems worsening and can help build a strong bond with your baby.

How do I get help?

Discuss your concerns with your healthcare professional (this could include your midwife, Health Visitor, Community Mental Health Team or GP for example). If the help they can provide is not enough to meet your needs, they will contact us with your information. If we can be of help to you, we will be in contact as soon as we can.