

## WHAT TO DO NEXT

If you are aged 17 or over and registered with a GP in Leeds, the first step is to contact Leeds IAPT, to arrange a screening assessment, which can be completed online, by telephone or face to face. You will be prioritised for treatment with our service whilst you are pregnant and for up to one year after having your baby. Alternatively, discuss with your GP, midwife or health visitor and they can support you to refer to the service

Our telephone lines are open:

Monday – 8am to 6pm

Tuesday – 8am to 4pm

Wednesday – 8am to 4pm

Thursday – 8am to 6pm

Friday – 8am to 4pm

**Tel: 0113 843 4388**

If you would like to complete an online assessment, visit [www.leedsiapt.com](http://www.leedsiapt.com) and click on the 'refer yourself' link.

The logo for MindWell, featuring the word "MindWell" in white text inside a dark purple oval shape.

MindWell

[www.mindwell-leeds.org.uk/baby](http://www.mindwell-leeds.org.uk/baby)

## PREGNANCY AND THE PERIOD AFTER CHILDBIRTH CAN BRING A RANGE OF EMOTIONAL CHANGES



**IF YOU ARE STRUGGLING WITH  
THESE CHANGES, LEEDS IAPT CAN HELP**

Pregnancy and the period after childbirth can bring about a range of emotional changes. Many find this to be a positive experience. However, some women undergo an emotional upheaval that can result in mental health problems.

Around one in five women experience a mental health problem during pregnancy or in the year after giving birth. Many women do not seek help, are scared of being judged and worry what might happen if they admit how they are feeling.

If left untreated, the negative impact can be enormous and have long lasting effects on women, their partners, and their children. This is why it is so important to seek help as soon as possible. Here at Leeds IAPT (Improving Access to Psychological Therapies), we are non-judgemental and trained to assess your individual needs. We can offer you a psychological treatment suited to you, this could be one to one therapy, online therapy or attending a course. Alternatively, we will signpost you to another service if appropriate.

## WHEN TO SEEK HELP

Many changes occur during pregnancy and after childbirth, physically, emotionally and to our day to day lives. When having a baby, it can be difficult to know what is normal and what is not. Most women experience 'baby blues' three to four days after giving birth, and may feel weepy, low, anxious and irritable. These are thought to be linked to hormonal changes taking place in your body after giving birth and your milk 'coming in'. These symptoms are normal and only tend to last a few days, but if they continue and you are experiencing the symptoms listed below, you should seek help as soon as possible.

Signs that you may be experiencing a mental health problem during pregnancy, or when you have had your baby include:

- low mood, tearfulness
- anxiety or panic attacks
- worries about health and your baby
- feeling worthless, low self-esteem
- feeling guilty
- lack of energy
- poor sleep
- changes in appetite
- loss of interest in activities
- feeling irritable and agitated
- poor concentration
- thoughts about suicide or harming yourself
- distressing, unwanted thoughts that pop into the mind

