

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:

Norfolk and Waveney Talking Therapies, Brooke
House, John Hyrne Way, Longwater Business Park,
Norwich, NR5 0AF

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

Norfolk and Waveney Talking Therapies,
Brooke House Hub,
Longwater Business Park,
John Hyrne Way, Costessey,
Norwich, NR5 0AF

 **0300 123 1503**

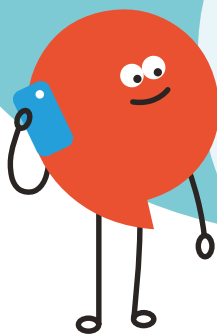
 **nandwtalkingtherapies.org.uk**

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If you would like this information in large print, audio, Braille,
alternative format or a different language, please contact
Customer Services on **01603 421486** or send an email to
customer.service@nsft.nhs.uk and we will do our best to help.

Norfolk and Waveney Talking Therapies is provided by Norfolk and Suffolk NHS
Foundation Trust working with Norfolk and Waveney Mind and Relate.

We work together to deliver a range of support interventions for people aged 16 and
over with low mood, anxiety and depression. For more information about who we are
visit: **nandwtalkingtherapies.org.uk**

Norfolk and Waveney Talking Therapies is commissioned by Norfolk and Waveney
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Norfolk and Waveney
Talking Therapies

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

It is common for parents to be 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.



for anxiety and depression

What is the Norfolk and Waveney Talking Therapies service?

Norfolk and Waveney Talking Therapies 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 aged 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.

Norfolk and Waveney Talking Therapies 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.

Norfolk and Waveney Talking Therapies 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 video, by telephone and we have a range of online options including webinars.

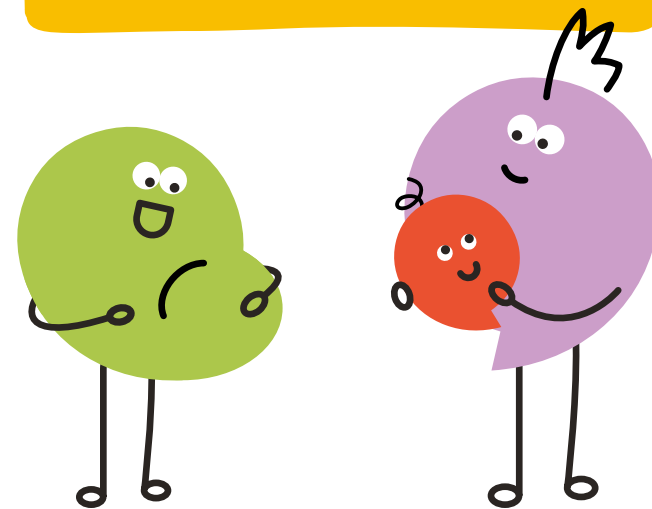
How can I get support from Norfolk and Waveney Talking Therapies?

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 **nandwtalkingtherapies.org.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 **samaritans.org**

If you need an emergency service dial 999.



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