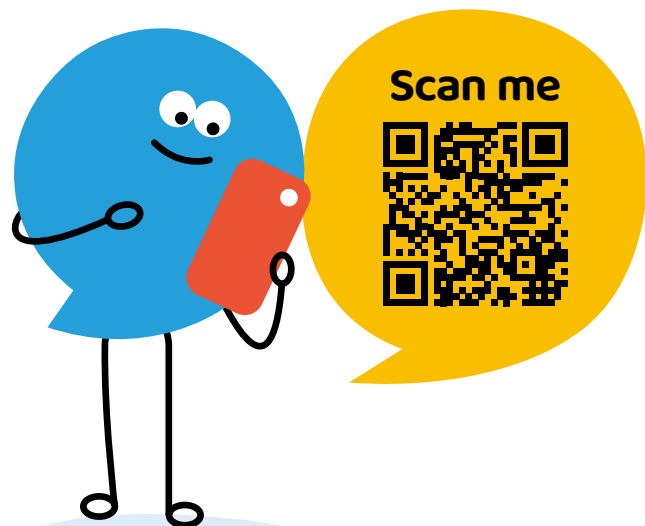


How can I get support from Norfolk and Waveney Talking Therapies?

There are a number of ways you can access our service:

- Ask your GP or health professional to refer you into the service
- Self-referral via our website **nandwtalkingtherapies.org.uk** or by calling us on **0300 123 1503**
- Scanning the QR code below.



If you only want to join one of our **online workshops**, you can book your **free place without referring** into the service by visiting **nandwtalkingtherapies.org.uk** or scanning the QR code opposite.

Scan me

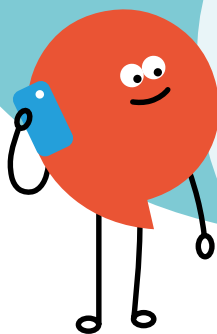


Contact us

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 Integrated Care Board.

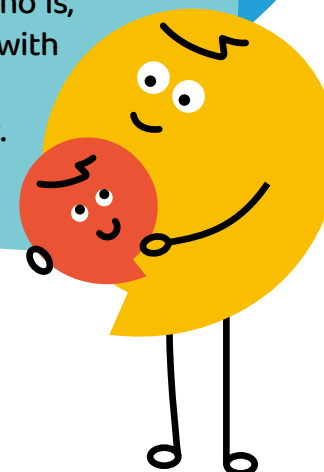
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Norfolk and Waveney
Talking Therapies

Dad-to-be or have a baby and feel: Overwhelmed? Anxious? Low?

It is common for new parents to experience anxiety, depression or emotional distress. If you are affected 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 Norfolk and Waveney Talking Therapies?

Norfolk and Waveney Talking Therapies offers a range of **free and confidential support** to help parents 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?

Becoming a dad can be an exciting and happy time. It also can be one of the biggest changes people experience and the transition into parenthood can come with challenges and feelings of being overwhelmed, anxious and depressed.

It is estimated that 25% of new dads experience depressive symptoms and other emotional difficulties in the first year following the birth of a baby.

Anyone can experience this. Dads are more likely to experience significant changes in their emotional and mental health if their partner also experience emotional difficulties during pregnancy and post-birth.

Common experiences of dads are:

- **Difficulty with adjusting to parenthood**
- **Feeling tearful or low in mood**
- **Feeling irritable or angry**
- **Loss of libido**
- **Partner conflict**
- **Changes to sleep patterns including a lack of sleep**
- **Loss of appetite or overeating**
- **Withdrawing from family life, work and social situations**
- **Mixed feelings about becoming a parent**
- **Worrying about the baby or keeping baby safe**
- **Feelings of incompetence of being a good enough parent and meeting expectations**

Experiencing emotional difficulties following the birth of a baby does not mean you cannot care for your baby and family. 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 support:

- **One-to-one therapy (i.e. CBT, counselling etc)**
- **Online workshops and group sessions**
- **Relationship counselling**
- **Peer support**
- **Employment support**
- **Self-help advice and podcasts**

The demands of having a new baby can be tough, therefore we support new and expectant parents to access the service by offering appointments face to face, via video or telephone, and we have a range of online options including online workshops.

 **0300 123 1503**

 **nandwtalkingtherapies.org.uk**

