



Help and emotional support during pregnancy and the first year after having a baby

Having a baby can be joyful, exciting and rewarding. However, it is also common for pregnant women and new parents to experience anxiety, depression or emotional distress. As many as one in five women experience emotional difficulties during pregnancy and in the first year after their baby's birth. This can happen to anyone.

The IAPT service covers the whole of Sussex and East Surrey and offers free, confidential talking therapy for people who have symptoms of anxiety or depression. IAPT stands for 'Improving Access to Psychological Therapy'. They give priority to pregnant women and new parents. This leaflet explains more about the service and the help we can offer you if you need it.

It is common for pregnant women and new parents to experience:

- Low mood, sadness and tearfulness
- Anxiety, worry and tension
- Irritability and anger
- Difficult or unexpected feelings towards your pregnancy or baby
- Poor sleep even when your baby sleeps well
- Feeling unable to cope or enjoy anything
- Thoughts that you are not a good enough parent
- Worrying thoughts about your baby
- Anxiety about labour or struggling to come to terms with a difficult labour.

Asking for help

It can be difficult to talk about how you are feeling and ask for help. Common reasons for this are:

- You may not know what is wrong
- You may feel ashamed that you are not enjoying your baby or coping as you believe you should.

Struggling emotionally at this time can happen to anyone. It is not your fault.

Asking for help doesn't mean you can't cope or are not able to care for your child. It's the start of getting the right help and support to ensure you can be the parent you want to be.

How an IAPT service can help you

IAPT offers short-term talking therapy to give you space to talk. The types of therapy offered will vary depending on your local IAPT service.

Partners can be affected by mental health problems too around pregnancy, birth and the postnatal period and may also be able to access IAPT support. Ask a health care professional to find out more for you about what is available.

How to contact IAPT

You can refer yourself to IAPT by phoning your local service directly. Contact details for all Sussex and East Surrey services can be found at the end of this leaflet. You may find it hard to contact us yourself. In this case, ask your midwife, health visitor, friends or a family member to help you make that first call. Your GP can also make the referral. We know that pregnancy and the first year of your baby's birth is a very important time. We will offer you an assessment and treatment as soon as possible.

What to expect when you contact IAPT

When you first telephone you will be asked for some brief details. A time will be arranged for you to speak to one of the therapists. This appointment will be booked as soon as possible and is often over the phone. The first appointment is to find out about your current difficulties. This helps us decide how we can best help you. At the end of the appointment, we will discuss the support options available and agree a plan.

All IAPT services aim to be flexible. We want to make it as easy as possible for you to get the help you need. You may be able to bring your baby to sessions if you want to. Services usually offer you a choice of locations for your appointment in an accessible space.

Find your local IAPT service

Borough	Provider	Telephone	Website
Brighton and Hove	Brighton and Hove Wellbeing Service	0300 002 0060	www.brightonandhovewellbeing.org
East Sussex (excluding Brighton and Hove)	Health in Mind	0300 003 0130	www.healthinmind.org.uk
Crawley	Time to Talk	01403 620434	www.sussexcommunity.nhs.uk/ttt
Horsham	Time to Talk	01403 620434	www.sussexcommunity.nhs.uk/ttt
Mid Sussex; Burgess Hill, East Grinstead, Haywards Heath	Time to Talk	01444 251084	www.sussexcommunity.nhs.uk/ttt
Adur, Arun, Chancetonbury & Worthing; Henfield, Lancing, Littlehampton, Shoreham, Steyning, Storrington, Worthing.	Time to Talk	01903 703540	www.sussexcommunity.nhs.uk/ttt
Bognor, Chichester and Surrounding Area; Bognor, Arundel, Chichester, Manhood Peninsula, Southbourne, Midhurst, Petworth, Pulborough, Loxwood.	Time to Talk	01273 265967	www.sussexcommunity.nhs.uk/ttt
East Surrey	DHC (Dorking Healthcare) Holmhurst Medical Centre (Redhill/Merstham), Smallfield Surgery, Merstham, Woodhatch Centre Reigate	01483 906392	www.dhctalkingtherapies.co.uk
	Ieso Digital Health (Telephone and online service)	0800 074 5560	www.iesohealth.com/surrey
	Think Action Reigate, Redhill, Oxted, Caterham	01737 225 370 Text TALK to 82085	www.thinkaction.org.uk
	Mind Matters NHS Redhill, Oxted, Caterham, Reigate, Dorking, Epsom	0300 330 5450	www.mindmattersnhs.co.uk
	Centre for Psychology Redhill, Reigate, Caterham and across Surrey	01737 306020	www.centreforpsychology.co.uk

If any details on this leaflet are incorrect, please email - PMHClinicalNetwork@sussexpartnership.nhs.uk