

# Perinatal Support

[www.impactonteesside.com](http://www.impactonteesside.com)

## Introduction

Pregnancy, birth and beyond can be an exciting and rewarding time in our lives. However, it can also be possible for us to experience anxiety, depression, or some sort of emotional distress.

As many as one in five women experience emotional difficulties during pregnancy and in the first couple of years after their baby's birth. Fathers, partners, foster parents can also experience them, it happens to anyone.

Impact on Teesside offers free, confidential talking therapy for anyone who is currently pregnant and/or who is caring for baby or anyone who has experienced bereavement/loss through miscarriage, still birth, Sudden Infant Death Syndrome (SIDS) or termination.

This leaflet explains more about the service and the help we can offer you.

## 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 the pregnancy or baby
- Poor sleep even when baby sleeps well
- Feeling unable to cope or enjoy anything
- Thoughts of not being a 'good enough' parent/partner
- Intrusive/frightening thoughts about themselves or baby
- Anxiety about labour or
- Struggling to come to terms with a difficult labour
- Feelings of loss and bereavement
- Feelings of uncertainty and difficulties in making decisions



## Asking for Help

At times it can be difficult to talk about how you are feeling and to ask for help. Some of the most common reasons for this are:

- You may not understand or know why you are feeling this way
- You may feel ashamed that you are not enjoying your baby or coping in a way you believe you should be
- You may worry that your baby will be taken away

Struggling emotionally at this time can happen to anyone and it is not your fault. Asking for help does not mean you cannot cope or are not able to care for your baby/child. It is the start of getting the right help and support to ensure you can be the parent you want to be.

## How can Impact on Teesside help you?

Impact on Teesside offers short-term talking therapy to give you a confidential safe space to talk openly about your thoughts and feelings without judgement with specially trained experienced professionals.

## What kind of therapeutic support is available?

Perinatal Wellbeing group (6 weeks):

- Week 1 – Introduction to worry and anxiety
- Week 2 – Support with worry and anxiety
- Week 3 – Bonding, Attachment and co-regulation
- Week 4 – Baby blues, low mood and depression
- Week 5 – Support with low mood and depression
- Week 6 – Self care and staying well plan
- Week 7 - Reviews

Guided self-help Sessions

Online Perinatal Wellbeing Programme through Silvercloud

Eye Movement Desensitisation Reprogramming (EMDR)

Cognitive Behaviour Therapy

Counselling

Couples Therapy

Interpersonal Therapy (IPT)



## How to contact Impact on Teesside?

- Phone - 01642 573924
- Online referral form on our website - [www.impactonteesside.com](http://www.impactonteesside.com)
- Email - [enquiries@impactonteesside.com](mailto:enquiries@impactonteesside.com)
- Professional - If you are finding it difficult you could ask GP, Community Midwife, Health Visitor, or other Health professional to help or to make the referral

## What to expect when you contact Impact on Teesside?

When you first contact the service via telephone/online form you will be asked for some brief details. An appointment time and date will be arranged for you to speak to one of the therapists for an initial assessment. The assessment is to find out about your current difficulties, this will help 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.

Our service aims to be flexible and we want to make it as easy as possible for you to get the help you need. We offer a choice of locations, times and days for your appointment.

