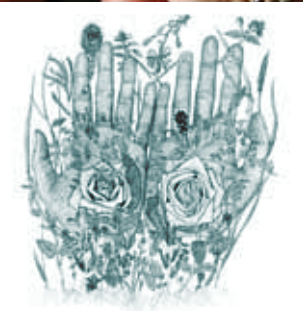


# The Baby Blues

**Free Information and Advice**

Also known as Depression



**Have you been feeling down since you've had your baby?**

**Do you feel...**

- Sad & tearful?
- Anxious & stressed?
- Tired all the time?
- Like you want to be alone all the time?
- Like you don't enjoy anything anymore?



**You might have what is called "post natal depression"**

This is something that many women go through when they give birth and sometimes for a few years after – they feel low and have bad nerves.

**What you can do...**

Talk to your doctor or your health visitor

- Tell someone you trust how you feel
- Let yourself cry if you need to
- Rest as much as possible
- Eat healthy

This is something that many women go through when they give birth



**Useful numbers**

**The Association for Postnatal Illness**  
020 7386 0868

**Mind** 0845 766 0163

**Rethink** 0845 456 0455

**Samaritans** 08457 909090

**Friends, Families and Travellers** – Gemma  
Challenger Well Being worker  
**07990 516 627** or call our  
office on **01273 234 777**

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EMOTIONAL  
WELLBEING



**Friends Families and Travellers**

For further information please contact

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