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**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 mothers or fathers 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.**

Every London borough has an IAPT service which 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

 You may worry that your baby will be taken away.

**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. It is very rare for babies to be taken away from parents, so you should not worry about this.

**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. These may include guided self-help sessions with a therapist, cognitive behaviour therapy, couples therapy and counselling.

**How to contact IAPT**

You can refer yourself to IAPT by phoning your local service directly. Contact details for all London 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, usually within a few days. 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 can often bring your baby to sessions if you want to. Services usually offer you a choice of locations for your appointment, sometimes in antenatal clinics or children’s centres.

**Find your local IAPT service**

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| **Borough** | **Telephone** | **Website** |
| Barking & Dagenham | 0300 300 1554 option 3 | nelft.nhs.uk/services-talking-therapies |
| Barnet  | 0300 222 5940 | mindmattersnhs.co.uk |
| Bexley | 020 8303 5816 | mindinbexley.org.uk |
| Brent | 020 8206 3924 | cnwltalkingtherapies.org |
| Bromley | 0300 003 3000 | talktogetherbromley.co.uk   |
| Camden | 020 3317 7600 | icope.nhs.uk |
| Croydon | 020 3228 4040 | slam-iapt.nhs.uk |
| Ealing | 020 3313 5660 | ealingiapt.co.uk |
| Enfield | 020 8342 3012 | lets-talk-iapt.nhs.uk |
| Greenwich  | 020 3260 1100 | oxleas.nhs.uk/gttt |
| Hackney | 020 7683 4278 | cityandhackneytalkingtherapy.nhs.uk |
| Hammersmith & Fulham  | 0300 123 1156 | backontrack.nhs.uk |
| Haringey East | 020 8808 5833 | lets-talk-iapt.nhs.uk |
| Haringey West | 020 3074 2299 | lets-talk-iapt.nhs.uk |
| Harrow | 020 8515 5015 | cnwltalkingtherapies.org |
| Havering | 0300 555 1082 | mytalkingtherapies.org.uk |
| Hillingdon | 01895 206585 | cnwltalkingtherapies.org |
| Hounslow | 0300 123 0739 | hounslowiapt.nhs.uk |
| Islington  | 0303 123 1000 | icope.nhs.uk |
| Kensington & Chelsea | 020 8206 8700 | cnwltalkingtherapies.org |
| Kingston  | 020 8339 8040 | kingstonwellbeingservice.org |
| Lambeth | 020 3228 6747 | slam-iapt.nhs.uk |
| Lewisham  | 020 3049 2000 | slam-iapt.nhs.uk |
| Merton  | 020 3823 9063 | thinkaction.org.uk/get-help/addaction-mental-health-services/miapt |
| Newham | 020 8475 8080 | newhamtalkingtherapies.nhs.uk |
| Redbridge | 0300 555 1220 | mytalkingtherapies.org.uk |
| Richmond | 0208 548 5550 | richmondwellbeingservice.nhs.uk |
| Southwark | 020 3228 2194 | slam-iapt.nhs.uk |
| Sutton  | 0800 032 1411 | suttonuplift.co.uk |
| Waltham Forest | 0300 5551267 | mytalkingtherapies.org.uk |
| Wandsworth  | 0203 5136264 | [talkwandsworth.nhs.uk](http://www.talkwandsworth.nhs.uk) |
| Westminster | 030 3333 0000 | [cnwl-iapt.uk/wm1-westminster](http://cnwl-iapt.uk/wm1-westminster) |

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