



HPC Registered
BPS Chartered Counselling Psychologist
BPS Expert Witness
BACP Senior Accredited
UKRCP Registered

Debbie Smith Therapy

Chartered Counselling Psychologist

Post-natal Depression

'Baby Blues'

Giving birth can be a time of great excitement, exhaustion, shock and stress. Women are often unprepared for the reality of birth and having a new person to care for. Almost half new mothers feel weepy three or four days after the birth, which is known as 'baby blues'. It requires no medical treatment, just support and rest and confidence-boosting by those around, including partner, family and health professionals.

Post-natal Depression

Post-natal depression is something quite different to 'baby blues'. It affects one in ten mothers and usually sets in between two weeks and two years after the birth. It can result in the woman becoming listless and unable to cope with the demands of the home and baby.

Many of the symptoms are similar to those of general depression with the woman becoming emotionally withdrawn and being overwhelmed with feelings of despair, guilt and worthlessness.

Eating and sleeping patterns may alter markedly and the mother may lose interest in everything including the baby and be unable to concentrate or carry out daily tasks.

Stressful events before the birth, a traumatic delivery, problems with the baby, a difficult relationship with ones own mother, or low self-esteem may contribute to post-natal depression.

Mothers and couples may need support. Deborah can offer either new mothers, or couples the opportunity to speak about the difficulties of becoming parents, or coping with post-natal depression. By understanding the feelings you can begin to gain some control and get on with enjoying being a new parent.

Your Mind Matters...
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