

About Us

Pandas Foundation (Pre And postNatal Depression Advice and Support) has been set up to support individuals and their families who are living with Pre and Postnatal Depression.

Our primary focus is that no parent should feel alone when suffering depression, whether it is during pregnancy or following birth.

We aim to understand the individual behind the illness and give them the advice, guidance and support they need to help aid their recovery.

Pandas Foundation offers a variety of support services; website and online community, telephone help line, email and local support groups.

Why we are here

In the UK:

- 1 in 4 people will experience a mental health problem in any given year
- A number of studies indicate that 10-15 per cent of new mothers will experience Postnatal Depression
- Close to 90 per cent of those who die by suicide have a mental disorder. Of these suicides more than 60 per cent are thought to have been experiencing a depressive illness at the time

Support available

Pandas Foundation offer a variety of support mechanisms including;



- Email Support - info@pandasfoundation.org.uk



- Website - www.pandasfoundation.org.uk



- Pandas Support Groups - Find your local group by visiting our website

Pandas Help Line
 0843 28 98 401

Phone lines are open 9am till 8pm. Mon - Sun

Knowing where to find answers to your questions, or having someone outside the family to talk to who has experienced similar situations, can often make a real difference to life with pre or postnatal depression.

Pandas Foundation

Pre And post Natal Depression Advice and Support

Pandas Foundation 2012, Limited Company registered in England and Wales with company number 7740327 Registered office: 9 Grosvenor Green, Shrewsbury, Shropshire, SY1 3RF



Postnatal
Depression

Pandas Foundation

Pre And post Natal Depression Advice and Support

What is Postnatal Depression

Postnatal depression is a depressive illness which affects between 10 to 15 in every 100 women having a baby. Depression is a paradox. It is the essence of hopelessness and despair. It has the potential to ruin your life and destroy relationships at home and at work. But it may also be the turning point - the opportunity for re-birth and personal development, manage to weather the storm and re-discover your strength. Depression is the typical response to a loss and bereavement. It is also common for depression to accompany dramatic life changes that on the surface represent the opposite of a loss. E.g. Lottery wins, pregnancy, promotion at work, marriage or having a new baby.

Signs and symptoms

- Low mood for a long period of time
- Feeling sad most of the time
- Irritable
- Emotional Panic attacks
- Lack of concentration or remembering things
- Lack of interest in your new baby
- Feeling alone
- Difficulty sleeping or feeling constantly tired
- Tension – headaches, stomach pains or blurred vision
- Decrease in appetite or increased appetite
- Reduced sex drive
- Feeling useless, worthless and guilty or general low self esteem.
- You are either off your food or comfort eating
- Anxiety
- Obsessive thoughts

Do women with PND harm their babies

Depressed mothers often worry that they might do this, but it is very rare. Occasionally, through utter tiredness and desperation, you might feel like hitting or shaking your baby. Many mothers and fathers occasionally feel like this, not just those with PND.

In spite of having these feelings at times, most mothers never act on them. If you do feel like this, tell someone. Women often worry that if they tell someone how they feel, their baby may be taken away. Actually your GP, health visitor and midwife will want to help you get better. This will mean that you can enjoy and care for your baby at home.

What causes PND

Many possible causes for PND have been suggested. There is probably no single reason, but a number of different stresses may add up to cause it.

You are more likely to have PND if you:

- have had mental health problems, including depression before
- have had depression or anxiety during pregnancy
- do not have support from family or friends
- have had a recent stressful event – e.g. death of someone close to you, relationship ending, losing a job.

There may be a physical cause for your depression, such as an under-active thyroid. This can be easily treated.

PND can start for no obvious reason, without any of these causes. Also having these problems does not mean that you will definitely have PND.

Tips for PND

- When your baby is sleeping try and get some sleep if you can't just try and rest and relaxing by listening to music, reading or putting your feet up.
- If friends or family offer help try not to say no, don't try and be super women.
- Eat a balance diet, don't try and eat very little to get your figure back. See our health living brochure for more info.
- Get some daily exercise by taking your push chair out for a bit.
- Talk to your partner or other members of your family about how you are feeling.
- Talk to Pandas Help Line on 0843 28 98 401.
- Write down how you are feeling.
- Plan some special time for yourself each day. This could be something as simple as a soak in a hot bath or time to read your book.
- Try to plan time with your partner and friends.
- Take one day at a time and set yourself small achievable goals.

Treatment for PND

Everyone can try the self-help guide to postnatal depression. If this is not enough, you might benefit from talking to your Health Visitor, midwife or GP. They can help by proscripting one of the following:

- Cognitive behaviour therapy (CBT)
- Psychological therapy
- Anti-depressants

Only a few women will need to go into hospital for treatment of PND. In that case, you should usually be admitted with your baby to a specialist Mother and Baby Unit.

