

Postnatal Depression and Anxiety Support Group

Who can attend?

Mothers living within East Sussex with a child up to 12 months old who are experiencing low mood and/or anxiety.

Why are the groups offered?

We recognise that becoming a parent can be a very stressful time, with new responsibilities and changes in relationships. Parents can feel under pressure to do everything perfectly. We understand that the reality can be different from what you expected.

What happens in the groups?

The groups are facilitated by two Mental Health Champions from the Integrated Children's Service, usually a Health Visitor and Children's Centre Keyworker or Community Nursery Nurse. The groups offer an opportunity for parents to meet and share their experiences. The group content is based on the ideas of Compassion-Focused Therapy and aims to provide you with a range of techniques and ideas to help you through difficult times now and in the future.

Do people who attend benefit from the groups?

We evaluate the effectiveness of the groups in two ways; we ask you to complete questionnaires at the first and final sessions of the group that tell us about the severity of low mood and/or anxiety you are experiencing. We then compare the two scores to see if you are feeling better having attended the group than you felt before. From the information we have collected so far 91% of people have reduced anxiety scores and 82% of people have reduced depression scores having attended the groups. Other benefits that people have reported include; improved relationship with their babies/infants; improved self-esteem and a feeling of not being alone.

Can I bring my child(ren)?

For the first three sessions, your baby can come into the group with you. From session four onwards there is a crèche where your child will be looked after by trained crèche workers, you will have an opportunity to meet with them in advance of this.

When and how long are the groups?

There are 10 sessions run over 10 weeks. Each session is approximately 90 minutes long. They take place within Children's Centres in East Sussex (ask your Health Visitor/Nursery Nurse/Keyworker for details of the next group near to you).

What if I still need support when the groups have finished?

There are other support services that you might find helpful, which one depends on the type of difficulties you are experiencing and on your own preference. Your Health Visitor/Keyworker/Community Nursery Nurse will be able to describe the options so you can decide what is right for you.

When and where are the next groups taking place?

Please ask your Health Visiting Team or Children's Centre for details

How can I get a place in the group?

Please ask your Health Visitor/Community Nursery Nurse or Keyworker to make a referral for you.

Sources of information

If you would like more information to help you decide whether this group might be helpful for you, you can discuss with your Health Visitor who can put you in touch with one of the group facilitators who can answer any questions you have.

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: (01323) 417400 Ext: 5860 or by email at: esh-tr.patientexperience@nhs.net

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: (01424) 755255 Ext: 2620

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:
Becky Marshall, Perinatal Mental Health Lead, Health Visiting and Children's Centre Services

The Clinical Specialty/Unit that have agreed this patient information leaflet:
Health Visiting and Children's Centre Services

Next review date: April 2020
Responsible clinician/author: Becky Marshall, Perinatal Mental Health Lead

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