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- NHS hospitals and clinics
- GPs
- Social care

Following the principles within the General Data Protection Regulation (GDPR), MCH processes your data for purposes of:

- provision of health or social care or treatment
- medical diagnosis
- preventative or occupational medicine
- management of health or social care systems and services, carried out by, or under the supervision of health professional or another person, who in the circumstances owes a duty of confidentiality under an enactment or rule of law

Who to contact

Children's public health nursing

t: 0300 123 3444

MCH House, Bailey Drive, Gillingham, Kent, ME8 0PZ

Medch.childrenscommunity@nhs.net

Medway Community Healthcare provides a wide range of high quality community health services for Medway residents; from community nurses and health visitors to speech and language therapists and out of hour's urgent care.

Customer care

Please send any comments about Medway Community Healthcare services to: -

Customer Care Team, Care Coordination Centre, MCH House, Bailey Drive, Gillingham, Kent, ME8 0PZ

t: 0300 123 3444

medch.customercare@nhs.net

All contact will be treated confidentially

This information can be made available in other formats and languages. Please contact: medch.communications@nhs.net

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Post natal depression



Medway Community Healthcare CIC
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Tel: 01634 337593
Registered in England and Wales, Company number: 07275637



What is post natal depression?

Around 10-15 in every 100 women may be affected by post natal depression. Some women find that when their baby is born they feel overwhelmed, anxious with an essence of hopelessness and despair.

Signs and symptoms

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

What causes post natal depression?

Often the cause is unknown but we know that some things can be contributing factors or put you more at risk of developing PND.

- Previous personal or family history of mental health problems.
- Depression or anxiety in pregnancy.
- Recent stressful life events
- .ie; bereavement, redundancy, relationship issues, money worries, illness, personal injury.
- Traumatic birth experience.
- Difficult relationship with your parents especially your own mother.
- Traumatic or difficult childhood.
- Drug or alcohol misuse
- Isolated from friends or family.
- Chemical changes in the brain triggered by childbirth.
- Domestic violence.
- Young parents have a higher risk of developing PND due to the extra pressures they experience.

Post natal depression can occur for no obvious reason. Having these risk factors does not mean you will definitely have PND.

Tips for dealing with post natal depression

- Rest whenever you can.
- Accept the help offered to you from family and friends.
- Eat a balanced diet, try not to diet too soon after the baby is born.
- Gentle exercise daily if you can .i.e. a short walk.
- Talk through how you are feeling with your partner or those close to you.
- Take some time just for you even if it is just a bath and a good book!
- Try to plan some time with your partner and friends.
- Try not to set yourself unachievable goals, take one day at a time.

Treatment for post natal depression

Post natal depression can be treated in several different ways. These self-help measures can be very effective, but if you need a little more help your health visitor, GP and midwife can support you and/or refer you on for personal counselling, group workshops or medication. In Medway we have three psychological providers who can work with you, you can also self-refer to them online or by telephone.

Insight - 0300 555 5555
www.insighthealthcare.org

KCA - 01634 298580
www.kca.org.uk

KMPT - 0800 2799 500
www.kmpt.nhs.uk/pcptmedway

PANDAS Foundation
<http://pandasfoundation.org.uk>

Qwell
<http://www.qwell.io>

Domestic abuse support services in Kent and Medway. If you or your family are in immediate danger don't be afraid to call the police on 999