

Perinatal and emotional wellbeing



Hertfordshire and Mid Essex Talking Therapies offers psychological help and employment support for people experiencing a wide range of common mental health conditions. It is part of the NHS Talking Therapies, for anxiety and depression programme.



for anxiety and depression

Service provided by Hertfordshire Partnership University NHS Foundation Trust

Perinatal support:

The perinatal period (from the beginning of pregnancy through to two years post-birth) can be joyful and exciting, but also a demanding and stressful time. It is common for pregnant women and new parents or caregivers to experience emotional difficulties such as:

- Low mood, sadness and tearfulness
- Fear, anxiety, worry and tension
- Irritability and anger
- Unable to rest or sleep even when your baby sleeps well
- Feeling overwhelmed and unable to cope
- Difficult, unexpected or worrying thoughts and feelings
- A sense of failure, guilt or shame
- Anxiety about labour, or struggling to come to terms with a difficult birth

These thoughts and feelings often pass with time. However, some people notice that they continue. It can be hard to talk about how you are feeling and ask for help, but you do not have to struggle alone; there is support available.



How can we help:

Cognitive Behavioural Therapy (CBT) can help you cope with difficult thoughts and feelings by teaching you tips and techniques to manage them.

If you are an imminent or new parent/caregiver, our service has a variety of tailored support options available to help you tackle the pressures of your changing role:

‘Becoming a parent or caregiver and emotional wellbeing’ webinar - a one hour introduction and practical tools

Postnatal wellbeing group - an opportunity for new parents to come together in a safe environment

‘Space for perinatal wellbeing’ online CBT programme - can be completed independently or with support from a therapist

Individual Cognitive Behavioural Therapy - face-to-face, over the phone or via video call

Couples Therapy for Depression - teaching you strategies that can improve the quality of your relationship

A range of **self-help videos** on our website, including our ‘dads get sad, too’ series

Caring for your baby starts with caring for you. Seeking help is a sign of positive parenting and a step towards enjoying your life as a parent or caregiver.

What to expect from treatment:

Following your self-referral or health care professional referral you will be invited to have an appointment with one of our specially trained clinicians. This appointment will usually take up to an hour and will involve completing questionnaires to help the clinician understand your concerns. At the end of your appointment, you and your therapist will reach a decision about what type of support could be most helpful for you and a plan will be agreed to start treatment.



We recognise that the perinatal period is a very important time. If you are a pregnant woman, biological/adoptive parent or partner with a child under 2 years old, you will be seen at the earliest opportunity.

“I have found CBT to be so helpful in helping me deal with postnatal depression and anxiety. I used to struggle through every single day and consequently felt like I couldn’t function as a parent. This service has helped me to get my life back and to feel happy again.”

How to refer:

If you would like to refer yourself there are a number of ways you can do this including:

- The quickest way to refer is online:
www.hpft-talkingtherapies.nhs.uk/referral
- You can speak to your GP or health professional who can make a referral for you.
- You can make a self-referral by calling:
Hertfordshire - 0800 6444 101 or Mid Essex - 01376 308704



Find out more information about our service:

www.hpft-talkingtherapies.nhs.uk



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Hertfordshire & Mid Essex Talking Therapies

If you require this information in a different language or format please contact the Trust on 01707 253903 or speak with the service providing you with support.

Hertfordshire Partnership University NHS Foundation Trust works toward eliminating all forms of discrimination and promoting equality of opportunity for all.

We are a smoke free Trust therefore smoking is not permitted anywhere on our premises.

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www.hpft-talkingtherapies.nhs.uk