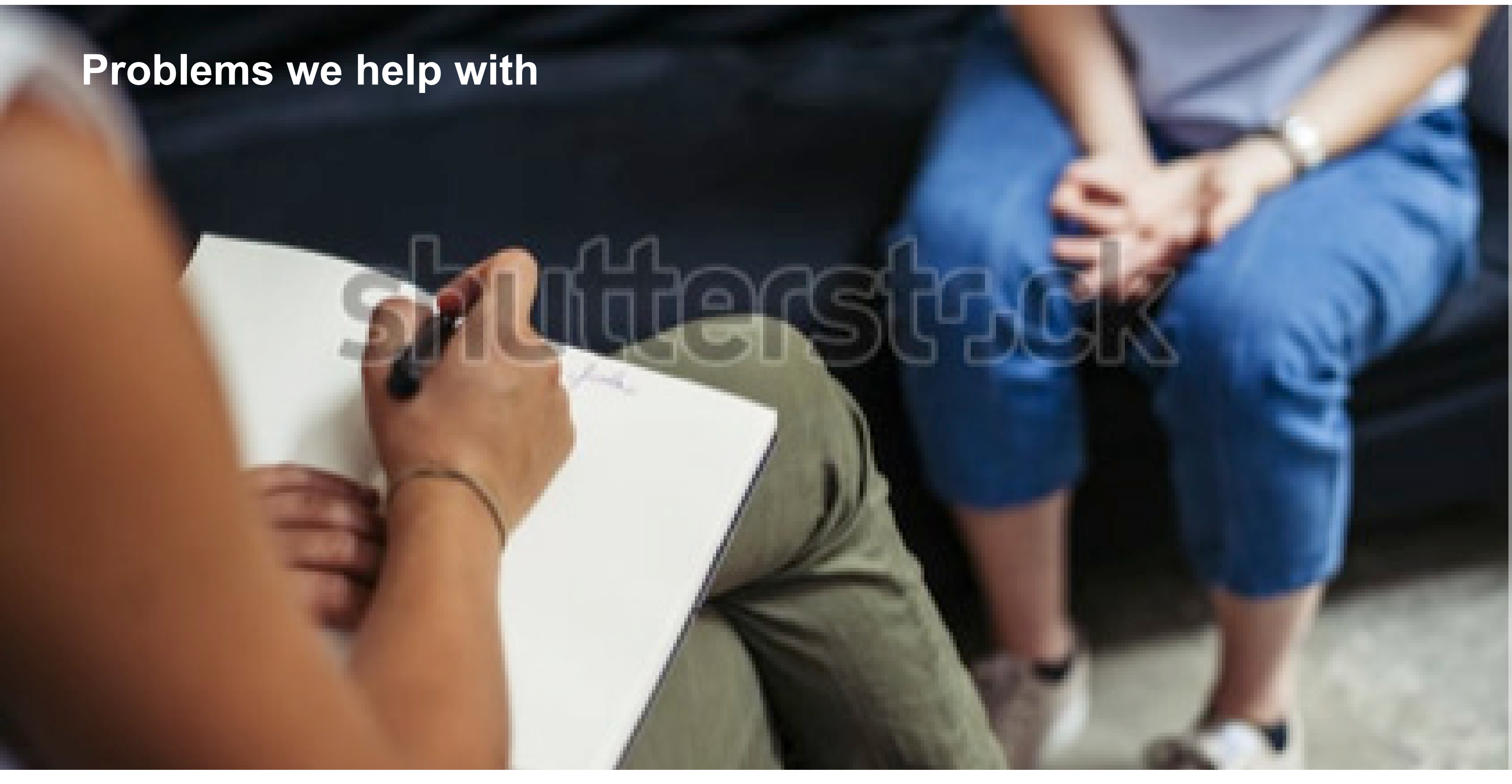


Problems we help with



Everyone has experienced feeling sad, worried or scared and often these feelings pass on their own. Sometimes we might feel stuck and our day-to-day lives start to become affected by our negative thoughts and feelings.

Let's Talk IAPT provides psychological therapy for common mental health problems such as depression and anxiety. Below gives an idea of the kind of difficulties that you may be experiencing and the kind of therapeutic support we offer for each (though this may vary slightly between services). This list is not exhaustive, and not everyone's difficulties fit neatly into one type. Your first appointment with the service is an assessment to explore your current difficulties and what you want to change, to ensure we are the right service to help you.

There are some problems that we are unable to help with or there may be other reasons why a more specialist service would be more appropriate. If this is the case, we will always help you to think about where else you can get support and how you can access this.

- Low mood and depression V
- Anxiety and stress V
- Panic V
- Worry or generalised anxiety V
- Phobias V
- Health Anxiety V
- Obsessive Compulsive Disorder (OCD) V
- Processing traumatic events (PTSD) V
- Sleep problems V
- Low self-esteem V
- Relationship difficulties V
- Long-term physical health conditions V
- Having a baby and parenthood ^

Having a baby is a unique time for all parents. Although this time can be joyful, exciting and rewarding, it is common for expectant and new parents to experience emotional challenges or difficulties which may result in increased vulnerability of developing depression and/or anxiety.

Common experiences

Some common experiences expectant and new parents can include

- low mood and sadness
- feeling indifferent towards their baby
- worry and tension
- difficulties sleeping even when their baby is sleeping
- unable to enjoy anything
- feeling unable to cope
- feelings of worthlessness and thoughts of not doing a good enough job as a parent
- worrying thoughts about their baby
- anxiety about labour or struggling to come to terms with a difficult labour
- challenges or difficulties in relationships with their partner as a result of adjusting to being a family.

Treatments we offer

IAPT recognises that these challenges, during the perinatal or postnatal period, can be distressing and worrying for the parent, and IAPT offers non-judgemental emotional support. Psychological intervention during both the perinatal and postnatal period can be beneficial to the new parent and can help you to adjust to your new role in parenthood and its' associated demands. Treatments can include:

- Guided Self-help
- Computerised CBT
- Groups and workshops
- Cognitive Behavioural Therapy (CBT)
- Interpersonal Therapy (IPT)
- Couples work

Further information

www.nhs.uk/conditions/pregnancy-and-baby/mental-health-problems-pregnant/  
http://psychology.exeter.ac.uk/pmh/mothers/



Came at a time when I was under a lot of pressure and vulnerable having just had a baby. I was having huge doubts and therapy helped me unpack the confused overwhelming feelings I was going through.