



## Postnatal depression

Sometimes after the birth of a child everything isn't quite how you had dreamed it would be. It is a rollercoaster of different emotions and nothing is in balance anymore. During this time women experience a temporary period of "baby blues", over 10% of women suffer from postnatal depression, the symptoms of which include everything from fatigue, exhaustion, sadness, feelings of guilt, loss of concentration, insomnia, anxiety and conflicting feelings towards the child, right up to suicidal thoughts.



**This condition is easily treatable if you recognise the symptoms early.**

If you have any questions about this condition, or believe this condition affects you feel free to call us on: 0228/224155

In a face-to-face meeting –during a home visit – we inform you and your family about the condition and the help available to you. Furthermore, together we will look at the different types of support you may need and if you wish, we accompany you to the suitable services offered.

You can find more information on our website [www.fruehehilfen-bonn.de](http://www.fruehehilfen-bonn.de), as well as a self-assessment sheet and the different support options available to you.

If possible please bring somebody with you who can help translate or let us know if you require a translator.

