

First Step providing effective psychological therapies for new and expectant parents

Being pregnant and becoming a parent can be difficult and can lead to an increase in stress and mental health problems such as depression, obsessive-compulsive disorder, worry, etc.

First Step provides effective talking therapies for common mental health problems during pregnancy and the first year after having a baby

Why is Perinatal Mental Health Important?

An estimated 20% of women develop a mental health problem during pregnancy or within a year of giving birth.

What about dads?

1 in 3 dads are concerned about their mental health and 3 in 4 dads are worried about their partner's mental health

Could this service be for you? - Are you expecting a baby or have you become a parent in the last 12 months? If so are you experiencing any of the following?

- Fear about giving birth
- Unexpected feelings about your pregnancy or your baby
- Difficult memories relating to a previous birth
- Worrying about bringing up a baby on your own
- Low mood, sadness, tearfulness,
- Anxiety, Worry, Tension
- Irritability and anger
- Worrying thoughts about your baby
- Thoughts of harming your baby
- Poor sleep, even when your baby sleeps well
- Feeling unable to cope or enjoy anything
- Socially Isolated
- Thinking you are not a good parent.
- Changing relationships with your partner because of the baby
- Extra responsibilities

Although many of these thoughts and feelings can be common in the perinatal period if you are concerned or if they are having a significant impact on your day to day life then First Step may be able to help.

How may we be able to help?

Our team offers treatments for mild to moderate mental health problems such as anxiety disorders (e.g. OCD, chronic worry, panic) and depression using cognitive behaviour therapy (CBT) and counselling. To find out which intervention would best meet your needs, we would first talk to you on the phone or face-to-face. Then together we can decide on the best option for you. We will liaise with your midwife and health visitor (as well as your GP to ensure you get the most appropriate care).

Contact Us

If you would like to be referred to First Step then speak to your GP, Midwife or Health Visitor who can make a referral for you.

Alternatively you can refer yourself online: www.firststepcumbria.nhs.uk or **you can** call First Step on: **0300 1239122 to request a paper referral form.**

After your referral you will be asked to contact us to give some basic demographic information about yourself. Following this an assessment appointment will be booked for you to speak to a practitioner who will give you more information about options for therapy.

Confidentiality

We will store your information safely and you can expect us to treat it with care and confidentiality. We will share information with your GP and other health services involved in your care. To monitor and improve our services, we share data with the Department of Health, but this data does not include your personal details. There may be rare times when we may need to share information without consent in the public interest.

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team. Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call: **01228 603890**
E: communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
Voreda House | Portland Place | Penrith | CA11 7QQ



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