



## Postnatal Depression

Postnatal depression affects up to 15 percent of mothers after they have given birth and up to 9 percent of women during pregnancy. Depression can happen any time during pregnancy or up to a year after baby is born.

The symptoms of postnatal depression usually start within a first few months of the birth.

To support parents in these first few months, we implemented a project in hopes of identifying parents that may be struggling with postnatal depression and offer services of support.

We are fortunate to have a Health Improvement Practitioner (HIP) available here at Silverstream Health Centre (SHC). A Health Improvement Practitioner works alongside patients to equip them with the tools they need to help manage the struggles they may be facing.

The services our HIP offers are fully funded and no cost to the patient.

This project began April 19<sup>th</sup> 2022 as a 4week trial to assess the usefulness to patients. During the trial period the population we focussed on were parents coming in with their new baby for the 6week immunisations and check-up.

Parents were asked to fill in a scoring sheet whilst waiting the required 20minutes post vaccination. These scoring sheets were given to the HIP who could assess the answers given and offer follow up and support as needed.

Our HIP was able to offer follow up and support to several patients throughout this trial period with great outcomes.

We would like to thank the patients who participated in this trial. We would like to continue to offer this service of support to patients coming in with their new baby for 6week check-up and immunisation. We would also like to follow the same process at the child's 5month immunisation.

If you are struggling with Postnatal Depression please don't hesitate to get in contact with us, we are here to support you and have services available to help.

Kind regards,

The team at Silverstream Health Centre