

Helping someone with Peri-Natal Distress

IT'S OKAY
TO NOT BE
OKAY



What is PND?

Peri-Natal Distress is a medical illness affecting women during pregnancy and/or after birth. It can have both chemical and psychological factors.

Symptoms include:

1. frequent crying or weepiness
2. insomnia (trouble sleeping) not because of frequent urination or feeding
3. hypersomnia (feeling like you want to sleep all the time)
4. exhaustion, fatigue, or low energy
5. changes in appetite
6. neglect of personal grooming
7. loss of enjoyment in once pleasurable activities
8. increased anxiety
9. trouble feeling connected to your developing baby
10. anxiety and/or panic attacks
11. overwhelm or reduced ability to cope with daily life
12. irritability, anger, or rage
13. increased self-criticism
14. constant sadness
15. worthlessness, hopelessness, or guilt
16. concentration problems or confusion
17. thoughts of harming yourself or your baby

Helping yourself and others:

- tell someone what's happening
- call a helpline
- see a professional (GP, Gynae, psychologist or psychiatrist)
- get practical support
- medication
- read about PND
- talk about PND
- join a support group

You're not alone.
Help is available.



If symptoms persist for more than two weeks, it may be more than “the baby blues”. It's estimated that one in three women in South Africa will experience PND.



www.mumsupport.co.za



www.sadag.org