



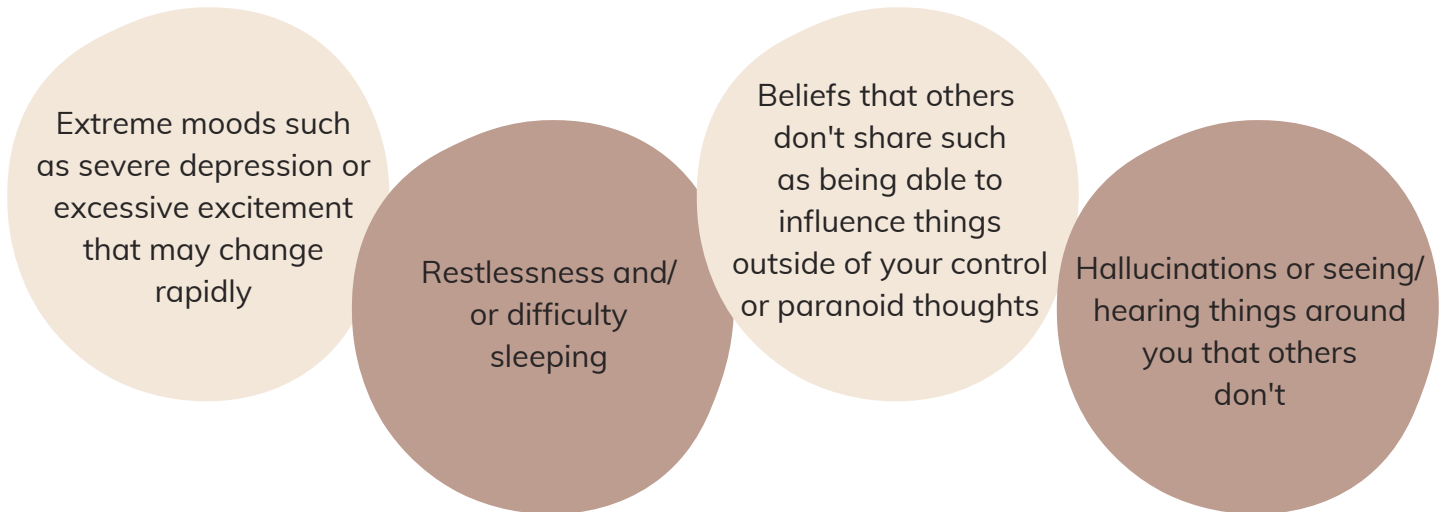
NURTURE PARENTHOOD

Postpartum Psychosis

What is Postpartum Psychosis?

Postpartum Psychosis is a form of psychosis that usually develops in the weeks after giving birth. It is a rare experience, but when it happens can be very serious and is considered a mental health emergency that needs immediate support.

Common Symptoms of Postpartum Psychosis



Treatments for Postpartum Psychosis:

- Medication: this may include antipsychotics, mood stabilisers or antidepressants depending on your needs.
- Electroconvulsive therapy (ECT) is sometimes used if other treatment options haven't helped or if the situation is very severe.
- Psychological therapy: as you start to recover, psychological therapy such as Cognitive Behavioural Therapy for Psychosis can support your journey.

If you have experienced the above symptoms and would like therapeutic support in making sense of your experience, get in touch via our website or the below email to arrange a consultation. There are a range of resources available on our website that may be of benefit to you. If you are experiencing a mental health emergency, please seek immediate support by contacting 999 or attending your nearest A&E department. You can also call NHS 111 and select option 2.