



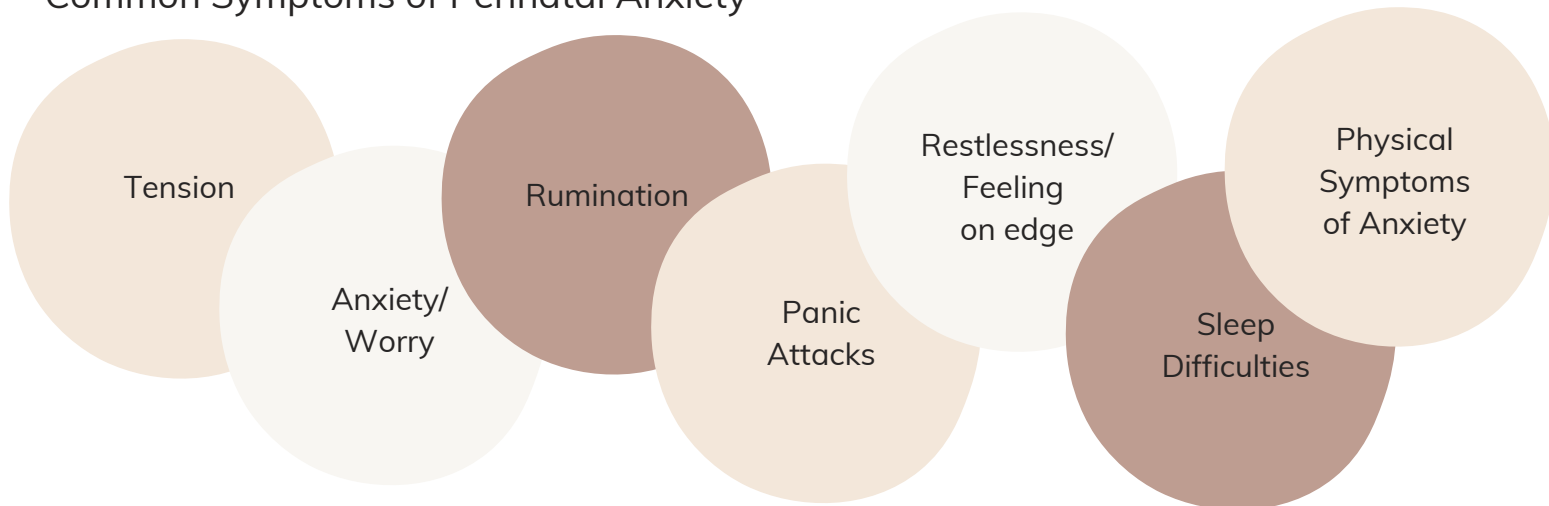
NURTURE PARENTHOOD

Perinatal Anxiety

What is Perinatal Anxiety?

Perinatal anxiety is the occurrence of significant anxiety that occurs during pregnancy (antenatal anxiety) or after giving birth (postnatal anxiety, can occur up to two years after birth).

Common Symptoms of Perinatal Anxiety



Treatments for Perinatal Anxiety

- Psychological interventions: therapeutic support may include Cognitive Behavioural Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), Compassion Focused Therapy (CFT), Acceptance and Commitment Therapy (ACT), Mindfulness Based Approaches and Attachment/Systemic Based Approaches.
- Where helpful, therapeutic support may be combined with medication such as anti-anxiety medication. You can speak to your doctor about any medications that may be beneficial to you.

If you are struggling with any of the above symptoms and would like therapeutic support in developing skills to manage these feelings, or to make 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.