



Minding Me

Supporting Expectant and New Mothers in Kildare West Wicklow

Looking after your Mental Health during Pregnancy and Beyond



Advice and support information for expectant and new mothers, anyone planning a pregnancy or partners, grandparents, family and friends that may be supporting someone who is expecting or has a baby



Finding out that you're pregnant

Your personal journey to becoming pregnant is individual and varied. Your pregnancy may have been planned or unplanned. It may have happened quickly and easily or you may have encountered difficulties along the way.

Your feelings about learning that you're pregnant depend on this journey. You may feel happy, excited and full of joy. Or you may feel anxious, worried and concerned. You may still be feeling unsure and struggling to adjust to the news.

Whatever the journey, you have now reached an incredible milestone. You are preparing to become a Mum. This is happening in very unusual and extraordinary times due to the current Coronavirus pandemic. This may contribute to new and unexpected challenges.



Transitions in pregnancy

Pregnancy is a time of great change. Many Mums find that being pregnant re-awakens memories from their own childhood. This may bring up questions for you.

Pregnancy can also bring about changes in your relationship with your partner. If you are feeling threatened or unsafe, please speak with one of your maternity care providers.

Pregnancy also brings about a change in identity and in your sense of yourself in the world.

Take some time to reflect on the kind of Mum you would like to be for your baby? What is most important to you? What are your hopes and wishes for this child?

This is also a lovely time to start connecting with your baby growing inside you.

Try to imagine them and picture them in your mind as they grow.

Sometimes it's helpful to gently close your eyes and rest your hands on your belly. As your baby gets bigger, your touch may even elicit a little 'hello' kick in return.



The birth of your baby – becoming a Mum

You have now reached the culmination of your pregnancy journey. Your baby's birth may have been as you wished or it may have brought challenges and complications.

Right now you may be feeling joy, hope and a sense of relief. You may also be feeling sad, worried, down and exhausted. However you're feeling is OK.

Having a baby is a time of huge change. It is normal to feel many different emotions. You will likely be experiencing these feelings through a fog of exhaustion as well which can make them feel even more intense.

Many mothers feel a sudden sense of responsibility for caring for their baby. This can trigger worry, doubt and feelings of guilt for not living up to the idea of the 'ideal mother'.

You will get most things right but you will also get little things wrong. Allow that be OK.

*There is no way to be the perfect mother
and a million ways to be a good one*

Jill Churchill

Getting to know your baby

Your baby is a unique individual with their own traits and personality characteristics. Give yourself the time to get to know their rhythms and patterns.

Let go of what you cannot control. Some babies have an easy temperament. Others are more difficult to soothe. Some will quickly settle into a consistent sleep pattern. Others will be more wakeful.

However, your baby will thrive when they feel safe and secure and loved. To provide this for your baby, you need to protect time for caring for yourself.

Take up any offers of help and support. Reach out to family, friends and other new Mums for emotional and social support. Don't try to do it all alone!



Your Mental Health in Pregnancy and after birth

Up to 80% of new Mums will experience the 'baby blues' in the days after birth – feeling irritable, low, anxious and crying easily.

This usually ends when your baby is about 10 days old. However if these feelings continue for longer than 2 weeks, it's important to talk with your G.P., Midwife or Public Health Nurse to see if you need some additional support.

Up to 1 in 5 women will experience a mental health problem in pregnancy or in the first year after birth. If you have suffered from a mental health problem in the past, you may be more vulnerable to relapse at this time.

This is nothing to feel ashamed of. With the right help and support, you will get back on track and begin to grow in confidence as a Mum and enjoy being with your baby.



Support Services for New and Expectant Mothers in Kildare West Wicklow

Your General Practitioner

Your GP can offer a range of supports and can refer you to specialist services if required.

Your HSE Public Health Nurse (PHN)

You can contact your PHN through your local primary care centre. If you don't know your local primary care centre, you can find out by calling St Mary's, Naas on **(045) 920448**.

Specialist Perinatal Mental Health Supports in Maternity Hospitals

Your Midwife, GP or PHN can refer you to the Specialist Perinatal Mental Health Service in your maternity hospital. They can provide multi-disciplinary intervention for mental health difficulties in the perinatal period (during pregnancy and up to 12 months after birth).

Mental Health Midwife in your Maternity Hospital

There is a Mental Health Midwife available in your maternity hospital. She can provide help in relation to mild symptoms of anxiety, depression etc. and link you with the specialist team if needed.

HSE Primary Care Psychology Services

Provides support to people across the lifespan experiencing mild to moderate psychological difficulties. **For more information call (045) 920821.**

Birth Reflection Service - The Coombe

The Birth Reflection Service is a listening service for women who have given birth, or are planning to give birth at the Coombe Maternity Hospital.

www.coombe.ie/birth-reflections / Phone (086) 1450910 /

email: birthreflections@coombe.ie

Naas Child and Family Project - Kildare Youth Services

Offers free therapeutic supports to families who live in Naas town, Sallins village and Johnstown village. **Phone: (045) 898623 / Email: ncfp@kys.ie**

Preparing for Life

Is a programme offered by Newbridge FRC and the Curragh FRC which is open to families expecting a new baby who are living in the Curragh, Newbridge, Kildare town, Allenwood and Kilcullen areas. **Contact our PFL Mentor on (086) 4611333 or (045) 438173, email: amy@newbridgefrc.ie**

Family Resource Centres

Family Resource Centres [FRCs] provide a community based model of family support and there are four FRCs in Co. Kildare, see below:

Athy Community Family Resource Centre: Woodstock Street, Athy, Co. Kildare, R14 NN97. Call us on (059) 8632899 email: info@athycfrc.ie

Teach Dara Community and Family Resource Centre: Academy Street, Kildare Town, Co. Kildare. Call us on (045) 522128 / email: info@teachdara.ie

Curragh Family Resource Centre: 1 Griffith Road, Curragh Camp, Co. Kildare. Call us on (045) 456883, email: info@curraghfrc.ie

Newbridge Family Resource Centre: Dara Park, Newbridge, Co Kildare. Call us on (045) 438173 / email: admin@newbridgefrc.ie

TUSLA

Kildare West Wicklow Family Support Service is a team of Family Support Workers who provide support to families experiencing difficulties. Referrals to the service are made through: Public Health Nurse, GP, Schools, Mental Health Professional or a Social Worker.

One Family

Provide support and information for people parenting alone, sharing parenting and for those separating. Phone: +353 1 6629212 / Email: info@onefamily.ie, askonefamily lo-call helpline: 1890 662212 / www.onefamily.ie

Cuidiu

Offer childbirth education, postnatal support, breastfeeding support and local meets and events. Email: info@cuidiu.ie / www.cuidiu.ie

Postnatal Depression Ireland

Provide support, help and friendship to those suffering from the effects of Post Natal Depression. Phone: (021) 4922083 / Email: support@pnd.ie / www.pnd.ie

Parentline

Parentline is a national, confidential helpline that offers parents support, information and guidance on all aspects of being a parent and any parenting issues. Call 01 8733500 or 1890 927277 / www.parentline.ie

Coombe Bereavement Specialist Team

The medical and nursing/ midwifery staff are your most immediate source of information, support and care, but there a specialist bereavement team also available. Speak to your midwife for more information.

Visit www.coombe.ie/bereavement for more details.

Féileacáin

Offers support to parents affected by the death of a baby around the time of birth. www.feileacain.ie / Support Line (085) 2496464

Irish Sudden Infant Death Association

I.S.I.D.A. offers support to families bereaved by the sudden unexpected and often unexplained death of an infant or young child and to others affected by it. **www.isida.ie / Phone Number: (01) 8732711 / Emergency Hotline: 1850 391391 / E-mail isida@eircom.net**

My Options

My Options is a HSE freephone line that provides free and confidential information and counselling to people experiencing an unplanned pregnancy. **Freephone: 1800 828010 / Outside of the Republic of Ireland: +353 1 6877044**

Irish Family Planning Association

The IFPA provide contraception, specialist pregnancy counselling, abortion care, sexual and reproductive health services and training. **www.ifpa.ie / Appointment line: 1850 495051**

Tusla Domestic Violence Service

Community based service providing support to women and children experiencing or who have experienced Domestic Violence in Kildare and West Wicklow. **Phone: (086) 0273556 or (045) 839300**

Saoirse Domestic Violence Service

Outreach & Prevention for women experiencing Domestic Violence in West Wicklow. **Phone: (085) 2710378 / 24hr Helpline: (01) 4630000 / Email: outreach@sdfs.ie**

Teach Tearmainn

Teach Tearmainn provide a range of free & confidential support services to Women and Children who are experiencing domestic violence and abuse. **Helpline: (045) 527584 / Email: admin@teachttearmainn.ie**

Women's Aid

Offer confidential information, support and understanding to women in the Republic of Ireland, who are being abused by current or former boyfriends, partners or husbands. **24 hour helpline: 1800 341900 / www.womensaid.ie**

HSE Perinatal Mental Health

For more information on Specialist Perinatal (during pregnancy and up to 12 months after birth) Mental Health Services and patient information leaflets on various aspects of perinatal mental health visit: **www.hse.ie/eng/services/list/4/mental-health-services/specialist-perinatal-mental-health/**

If you are experiencing distress or worried about someone else please contact your GP, your Emergency Department or call the Samaritans for support on Freephone: 116 123 or email: jo@samaritans.ie

Emergency Departments

Naas: (045) 849500

Portlaoise: (057) 8621364

Tallaght: (01) 4142000

GP Out of Hours Services

North Kildare Doc (Celbridge, Maynooth): (01) 4539333

KDoc (rest of Kildare and West Wicklow): 1890 599362

Caredoc (South Wicklow): 0818 300365



The **www.yourmentalhealth.ie** website provides information and signposting on all mental health supports and services that are available nationally & locally provided by the HSE and its funded partners. You can also call the freephone YourMentalHealth Information Line to find supports and services **1800 111 888** (any time, day or night).



Providing information on parenting supports and services in Kildare and Wicklow. **www.parentingsupport.ie**



Seirbhís Sláinte Níos Fearr á Forbairt | Building a Better Health Service



Kildare and West Wicklow