

# Post-Natal Depression in Lockdown

## Signs:

WITHDRAWING FROM  
CONTACT WITH FRIENDS  
AND FAMILY

TROUBLE SLEEPING DAY  
AND NIGHT

PERSISTENTLY FEELING  
LOW AND SAD

DIFFICULTY BONDING WITH  
YOUR BABY

## Help:

### ABC PIP SERVICE:

AIMED AT SUPPORTING PARENTS TO  
BUILD THE STRONGEST RELATIONSHIP  
POSSIBLE WITH THEIR BABY.

THE SERVICE IS OFFERED TO FAMILIES  
WHO LIVE IN THE SOUTH EASTERN  
HEALTH AND SOCIAL CARE TRUST AREA.  
THEY WORK IN CONJUNCTION WITH  
BARNARDO'S NORTHERN IRELAND, WHO  
RELY ON DONATIONS.

THE SERVICE IS AVAILABLE FOR  
PARENTS DURING THE PROCESS OF  
THEIR PREGNANCY AND FAMILIES WITH  
CHILDREN AGED UP TO 24 MONTHS OLD.

[WWW.BARNARDOS.ORG.UK/SERVICES](http://WWW.BARNARDOS.ORG.UK/SERVICES)

[WWW.AWARE-NI.ORG/POSTNATAL-  
DEPRESSION](http://WWW.AWARE-NI.ORG/POSTNATAL-DEPRESSION)

IF YOU HAVE EXPERIENCED ANY OF  
THESE FEELINGS PLEASE REACH  
OUT TO YOUR HEALTH VISITOR OR  
GP, WHO ARE THERE TO HELP AND  
COME FROM A PLACE OF CONCERN  
NOT JUDGEMENT.

FOR MORE INFO CHECK OUT:

[#copingtogether](https://twitter.com/copingtogether)