

IAPT

Improving Access to Psychological Therapies (IAPT)



Rotherham Doncaster
and South Humber
NHS Foundation Trust

**Dad on
the outside...**

I'm fine

**Dad on
the inside...**

*Feelings of Failure I don't do
enough*

*I don't do
enough*

**MONEY
WORRIES**

Stressed

BURNED OUT

*Need to set
BETTER
EXAMPLES*

CONFUSED

Inadequate

**Doncaster
03000 211556**

**Rotherham
03000 215108**

**North Lincs
03000 216165**

 iapt.rdash.nhs.uk

IAPT

Improving Access to Psychological Therapies (IAPT)

 iapt.rdash.nhs.uk

NHS

Rotherham Doncaster
and South Humber
NHS Foundation Trust

Postnatal Depression?

- Deeper and longer lasting depression
- Usually develops around 6 – 12 weeks after giving birth
- More enduring low mood that impacts on day-to-day functioning

Doncaster
03000 211556

Rotherham
03000 215108

North Lincs
03000 216165



IAPT

Improving Access to Psychological Therapies (IAPT)

 iapt.rdash.nhs.uk

NHS

Rotherham Doncaster
and South Humber
NHS Foundation Trust



Baby blues

- Brief period of feeling tearful and/or emotional after giving birth
- Typically lasts a few days following birth
- Often because of hormonal changes and a lack of sleep
- Generally manageable with no severe impact on day-to-day functioning.

Doncaster
03000 211556

Rotherham
03000 215108

North Lincs
03000 216165