



# MA Psychotherapeutic Practice

## Perinatal Depression

THERAPY AND CONTEXT

ECPR7002

2407538



# Symptoms & Causes

## ► Symptoms

- Physical
- Emotional
- Social
- Stigma

(National Institute for Health and Care Excellence, 2025)

## ► Causes

- Pre-existing
- Hormonal
- Genetic Disposition
- Psychosocial
- Physical

# Treatment

## Mild - Moderate

- ▶ Managed by GP
- ▶ Signposting
- ▶ Therapy
- ▶ Medication

(National Institute for Health and Care Excellence, 2020)

## Moderate – Severe

- ▶ Managed by PRAMS
- ▶ Therapy
- ▶ Medication
- ▶ Inpatient admission

# Government Strategies

- ▶ October 2023 - Wales Perinatal Mental Health Implementation Network, NSPCC Cymru and the Maternal Mental Health Alliance came together to facilitate stakeholder engagement on priorities for perinatal mental health (PMH) and parent-infant relationship (PIR) support.
- ▶ The NHS Wales Executive has developed a program and pathways to ensure that the mental health and well-being of women and their families is supported during pregnancy and after birth. (NHS Wales Executive, 2025)

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