


Post Natal Illness



Post Natal Illness (often referred to as Post Natal Depression) occurs when you become emotionally unwell following the birth of your baby. This can be particularly distressing when you have looked forward to having your baby throughout your months of pregnancy.

Most mums are tired and emotional following the birth of their child and will recover from what is described as the “baby blues” with support from their friends and family. However, approximately 10% of women will go on to develop Post Natal Illness.

We are interested in hearing from women who are experiencing Post Natal Illness. We would like to set up a group for Jewish mums who can support each other along their road to recovery. Support from other mums with shared experiences can make a real difference and we would like to offer women the opportunity to meet informally away from babies and families to discuss the issues affecting them.

If you would like further details please contact Tanya Harris at JAMI on 020 8458 2223.