

# Surviving Post-Natal Depression

At Home, No One Hears You Scream

Cara Aiken

Forewords by  
Ian Brockington and Denise Welch



# Surviving Postnatal Deprebion At Home No One Hears You Scream

**Sandra Igwe**



## **Surviving Postnatal Depreblion At Home No One Hears You Scream:**

*Surviving Post-Natal Depression* Cara Aiken, 2000-06-16 Research indicates that at least one in ten new mothers experience post natal depression yet there is little help available to sufferers The book raises awareness of the illness and the destructive effect it can have on individuals and families It offers positive suggestions and practical advice based on personal and professional experience

**One Mom'S Journey to Motherhood** Ivy Shih Leung, 2011-11-16 Author Ivy Shih Leung shares her not so perfect road to motherhood in this book that is part memoir and part self help guide reflecting lessons learned in the form of helpful tips and information to empower readers on the biological and sociological roots behind postpartum depression PPD She also seeks to raise awareness of the myths of motherhood and the stigma of PPD that contribute to the silent suffering of many mothers as well as the importance of adequate social support in the early postpartum weeks A culmination of Ivys frightening PPD journey and her emergence from it with a passion to learn more about perinatal mood disorders this book is fueled with passion to help other women and their families anger from the unnecessary suffering Ivy went through from the lack of information available to the public about PPD her doctors ignorance and lack of sensitivity and public remarks like There is no such thing as a chemical imbalance all of which shows theres still a long way to go in terms of educating the public about an illness that is suffered by one in eight new mothers With side effects that include shame helplessness and despair at a time that is supposed to be one of the happiest in a womans life Ivy wants to help fellow PPD advocates get the message out that PPD is not a mind over matter thing as those who dont know any better tend to believe PPD is an illness that must be taken seriously We must all remember that the health of the family unit depends on the mothers well being Ivy Shih Leungs voice as a storyteller is strong loud and clear Ivy is a survivor of postpartum depression and through the written words on each page you can hear her roar Jane Honikman Founder of Postpartum Support International

**Screening for Perinatal Depression** Carol Henshaw, Sandra Elliott, 2005-04-29 This much needed text provides guidance for health care professionals on the issues and controversies surrounding screening and on good practice in the use of screening tests The role of the UK National Screening Committee is explored along with the problems faced when implementing screening programmes in developing countries

*My Black Motherhood* Sandra Igwe, 2022-06-21 Joyful Graceful Blessed Strong Anxious Depressed Stigmatised Stereotyped What happens when motherhood isn t what you expected and when you reach out for support you are met with judgment and prejudice Sandra Igwe shares her journey as a young Black mother coping with sleepless nights anxiety and loneliness after the birth of her first daughter Burdened by cultural expectations of the good mother and the strong Black woman trope her mental health struggles became an uphill battle Black women are at higher risk of developing postnatal depression but are the least likely to be identified as depressed Sharing the voices of other mothers Sandra examines how culture racism stigma and a lack of trust in services prevent women getting the help they need Breaking open the conversation on motherhood race and mental

health she demands that Black women are listened to believed and understood *Cesarean Section* Michele C. Moore, Caroline M. de Costa, 2004-12-01 Trusted physicians reassure mothers and mothers to be It s okay to say yes One in four babies born in the United States and Europe comes into the world via Cesarean section Yet this procedure has been described by critics as an unnecessary and potentially dangerous medical intervention Consequently expectant mothers often fear this option and women who have had C sections can feel a sense of failure In *Cesarean Section Understanding and Celebrating Your Baby s Birth* Drs Michele Moore and Caroline de Costa emphasize the joy of delivering a healthy baby however that is best achieved They explain why Cesarean births are sometimes preferable to vaginal delivery for both mother and baby and they help women understand the issues behind the decision to perform the procedure From anesthesia surgery and recovery through at home care of mother and child the authors offer reassurance and practical information for all mothers and mothers to be They also discuss the latest findings on postpartum depression and planning for future births including the possibility of vaginal birth after a Cesarean section For every woman who has a planned or unplanned Cesarean section this book provides the information they need to alleviate their fears and come to value this delivery option Because up to a quarter of all births are Cesarean births prenatal preparation should include information about Cesarean sections for every woman And that is why we have written this guide We believe strongly that it is time to speak out and say that Cesarean section is a normal birth method and that women who have a Cesarean section should not be made to feel that they have failed We hope you find the information in this book useful and helpful in thinking about C section whether you have already had a Cesarean and want to understand the experience better you wish to plan for another C section birth or you are expecting a baby and want to be informed about all the possibilities ahead including this other normal way of bringing a baby into the world from the Introduction **Nursing Times, Nursing Mirror** ,2000 The Mother-to-Mother Postpartum Depression Support Book Sandra Poulin, 2006-03-07 I thought I was the only one After she gave birth to a bouncing baby girl Sandra Poulin felt like crying And she did for months But they weren t happy tears Sandra felt worthless could hardly sleep and had thoughts of death Like too many mothers around the world Sandra had no idea that this common but baffling condition had a name Postpartum Depression Shouldn t this be the happiest time of my life What kind of mother some might wonder could feel depressed after having been so richly blessed with a baby The answer every kind women from all walks of life from all over the world younger and older And here in a unique collection are their stories of battles with PPD with intimate details about the symptoms the struggles and the strategies that helped them emerge victorious Written by mothers for mothers this collection is an uplifting enlightening and perhaps even lifesaving book Consumer Health Information Source Book Alan Rees, 2003-06-30 The seventh edition of this comprehensive and authoritative guide provides more than 2 000 popular publicly available health information resources available in both print and electronic formats Resources include those that the author judges to be the best materials published since the last edition of this book La dépression

postnatale Elaine A. Hanzak, 2007-11-30 L'ouvrage d'Elaine A. Hanzak est un récit autobiographique qui relate la souffrance et le chemin vers la guérison d'une jeune femme mère pour la première fois et qui va expérimenter cette terrible maladie qui est une psychose puerpérale Elaine Hanzak est une enseignante spécialisée qui livre son vécu intérieur sans rien en cacher tape par tape mois par mois Elle nous décrit le vécu d'un accouchement psychotraumatique ses doutes sur ses capacités maternelles Elle décrit l'émergence de l'isolement en lien avec un enfant qui a du mal dans ce contexte se réguler et l'apparition des symptômes dépressifs et psychotiques qui l'entraînent dans la maladie On y voit le combat intérieur qui déchire son esprit au point de souhaiter se faire du mal et de se détacher de son enfant la terrible souffrance qui accompagne sa culpabilité et les symptômes psychotiques et dépressifs et elle nous fait vivre le drame que traverse une famille confrontée à une maladie mentale un moment qui devrait être le plus merveilleux de l'existence Elle nous parle de cette lente descente Mais aussi de la remontée et de tout ce qui a progressivement contribué à la guérison tant de son trouble que de la relation perturbée avec son fils Dominic C'est suite des conférences que Elaine Hanzak a donné la demande du système de santé Britannique qui est venue l'idée de mettre par écrit ce témoignage Sans être ni un ouvrage de psychopathologie ni un traité sur les soins aux patientes vivant une telle maladie ce livre est avant tout un témoignage personnel voire intime qui ouvre une fenêtre sur ce que vivent les mamans dans une telle situation L'objectif avoué est de sensibiliser la reconnaissance de la pathologie psychiatrique s'v re du postpartum contribuer à déstigmatiser ces malades et améliorer s'il est possible la prise en charge

**American Book Publishing Record**, 2000-07 **A Little Bent Not Broken** Holly Fay, I started writing as a kid pouring pain into notebooks before I even knew what healing was Before completing this book I became a Reiki Master Kids Yoga Teacher Inner Child Shadow Work Guide and now a Mindfulness Coach Not for certifications or approval but because I lived the pain and rose from it time after time Like a Phoenix Born from the ashes Burnt bent silenced but never broken I rewrote this book more times than I can count People who read parts of it told me to keep going but none of us knew how much more life would throw at me while I did Some tried to silence me One even tried to turn my story into a task book but you can't band aid what I have lived And you can't rewrite my truth So I stripped it back Wrote it raw the way I did before the world told me to be quite Because this is my rise This is why they call me Holly F Ken Fay Not just a name a Phoenix reborn **Medical and Health Annual**, 1995 *Wo zhan sheng le chan hou yi yu zheng* 我战胜了产后抑郁 (Aiken, Cara), 2018 10

Surviving Post-Natal Depression Cara Aiken, 2000-01-01 Research indicates that at least one in ten new mothers experience post natal depression yet there is little help available to sufferers Cara Aiken's book will help them and the professionals who work with them to understand this illness The book tells the stories of ten women from very different backgrounds including the author who have suffered post natal depression Their stories told honestly and informally will be a source of strength and hope for other sufferers The book will also raise awareness of the illness and the destructive effect it can have on individuals and families It offers positive suggestions and practical advice based on personal and professional

experience It is a fresh honest and positive book which will help professionals to understand post natal depression and will be an invaluable resource for the many mothers who experience it **Reclaim the Joy of Motherhood** Pamela

Zimmer,2014-05-08 My name is Pamela Zimmer and I beat Postpartum Depression It was a long hard journey but I did it And I have one message for you whoever you are Everything s going to be okay For one in five women the joy of motherhood is a mirage that seems further away with every step you take toward it Postpartum Depression PPD is the 1 complication of childbirth yet millions of women suffer through it alone You are not alone And no matter how it feels you are not to blame I am a mother a wife a sister a friend and a 1 bestselling author I am an expert in PPD and a mentor to women My heart is open to you I have been where you are and I m here to offer you honesty hope and happiness This is the book that I wish I d had while fighting my own battle In these pages I share the story of how I defeated PPD and how you can too This book offers hope and healing and a practical pathway to happiness for anyone going through PPD It also offers insight for family and friends seeking to understand what their loved ones are going through Let my experience become a source of strength and wisdom that will help you find your way out of the darkness Join me on my journey and reclaim YOUR joy of motherhood

Surviving the Baby Blues Jane Feinmann,1997 Postnatal depression can happen to anyone But this book shows that by understanding the condition and finding the right help you are on the road to recovery Jane Feinmann explains exactly what postnatal depression is and how to tackle the problem *When Baby Brings the Blues* Ariel Dalfen,2010-03-08 A leading expert on postpartum depression offers new mothers an insightful medically sound guide to recovery A full 20 percent of new moms will be affected by PPD but the good news is that PPD is very responsive to treatment This guide written by psychiatrist and internationally acclaimed PPD specialist Ariel Dalfen leads women out of the maze of depression offering medical and psychotherapeutic options practical lifestyle changes and an impressive array of resources for further support Complete with a PPD diagnosis questionnaire a treatment plan checklist and a table of medications and side effects this upbeat guide also includes daily affirmations used by Dr Dalfen s own patients when recovering from PPD Dr Ariel Dalfen Toronto ON is a psychiatrist at Mount Sinai Hospital in Toronto and an acclaimed lecturer and medical researcher in the area of post partum depression **Postpartum Depression and Anxiety** Sonya Watson,Whitehead,2020-03-05 A mother s love

for her child is instant and overwhelming or so we re told But what happens when that bond isn t instant What happens when the first few days weeks and months of motherhood are impossibly difficult What happens if it feels like you just don t love your baby Worldwide around 10% of new mothers experience postpartum depression every year And the experience is crippling But in this book psychologist Kathryn Whitehead and postpartum survivor Sonya Watson give us new hope Sonya is brutally honest about how badly postpartum affected her and reveals what really helped her get through it while Kathryn s user friendly self help approach will give you new tools to tackle your postpartum depression Strangers in My Mind

Rachel Day,2009 Strangers In My Mind Living with Post Natal Psychosis This book is a true account of Post Natal Psychosis

through the eyes of a young mother who suffered with it after the birth of her first child Rachel first developed Post Natal Depression within days of having her daughter and was totally unprepared for how it would transform her life and the lives of the people closest to her It took Rachel over two years to fully recover from Post Natal Depression and writing this story of her suffering helped her finally beat the strangers that had quite literally entered her mind **This Isn't What I Expected [2nd edition]** Karen R. Kleiman, Valerie Davis Raskin, 2013-10-29 Written by two postpartum experts a definitive guide offering compassionate support and solid advice on dealing with every aspect of Postpartum Depression PPD If you or someone you love is among the one in seven women stricken by PPD you know how hard it is to get real help This proven self help program which can be used alone or with a support group or therapist will help you monitor each phase of illness recognize when you need professional help cope with daily life and recover with new strength and confidence Learn how to Identify the symptoms of PPD and distinguish it from baby blues Deal with panic attacks obsessive compulsive urges and stress overload Break the cycle of shame and negative thoughts Mobilize support from your husband or partner family and friends Seek and evaluate treatment options Cope with the disappointment and loss of self esteem

## Reviewing **Surviving Postnatal Deprebion At Home No One Hears You Scream**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Surviving Postnatal Deprebion At Home No One Hears You Scream**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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