

Troubled by your birth experience?

TRAUMA AND BIRTH STRESS

T A B S

Do you suffer from:

Flashbacks	Nightmares
Panic Attacks	Avoidance
Numbed emotions	Anger issues
Irritability	Mood swings
Difficulty sleeping	Hypervigilance
Difficulty concentrating	

You may be suffering from Post Traumatic Stress Disorder (PTSD).

PTSD is the psychological term for a set of reactions anyone may experience when something traumatic, scary or bad has happened to them. And of course these reactions may be caused by a difficult pregnancy, during childbirth and also due to events that occur in the early post natal period.

These events may cause the mother to fear for the life of her baby and/or for her own life, or fear for her bodily integrity. The mother's response may be one of intense fear, helplessness or horror. Or the events may trigger memories of earlier or childbirth trauma that remain unresolved.

Symptoms of PTSD might not begin to emerge for 3, 6, 9, 12 months or much, much later after the troubling birth experience, but once they emerge are very difficult to live with or control.

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The Way forward

Unlike Post Natal Depression, PTSD will NOT go away if left untreated. Therefore professional help is advised:

Where to get help?

Refer to the phone book for the following:

- Pregnancy Help Inc
- Maternal Mental Health
 - A social worker
 - Your GP
 - Plunket nurse
 - Trauma counsellor
- Your ante natal educator
- Your LMC involved in that birth

Family support ...

- A good place to begin, is to tell a trusted friend or family member who will support you in your journey to recover from your trauma symptoms.

For more information, all OUR information is available for free to the community on our website.

www.tabs.org.nz

A note from TABS – Trauma And Birth Stress

This pamphlet is written for the express purpose to alert the community to the symptoms of PTSD and is not intended as a diagnosis. Should any of this information be applicable to the reader, then professional help is highly and quickly recommended.

TABS – is NOT a health provider, but is an organisation of mothers educating the community and supporting mothers.

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