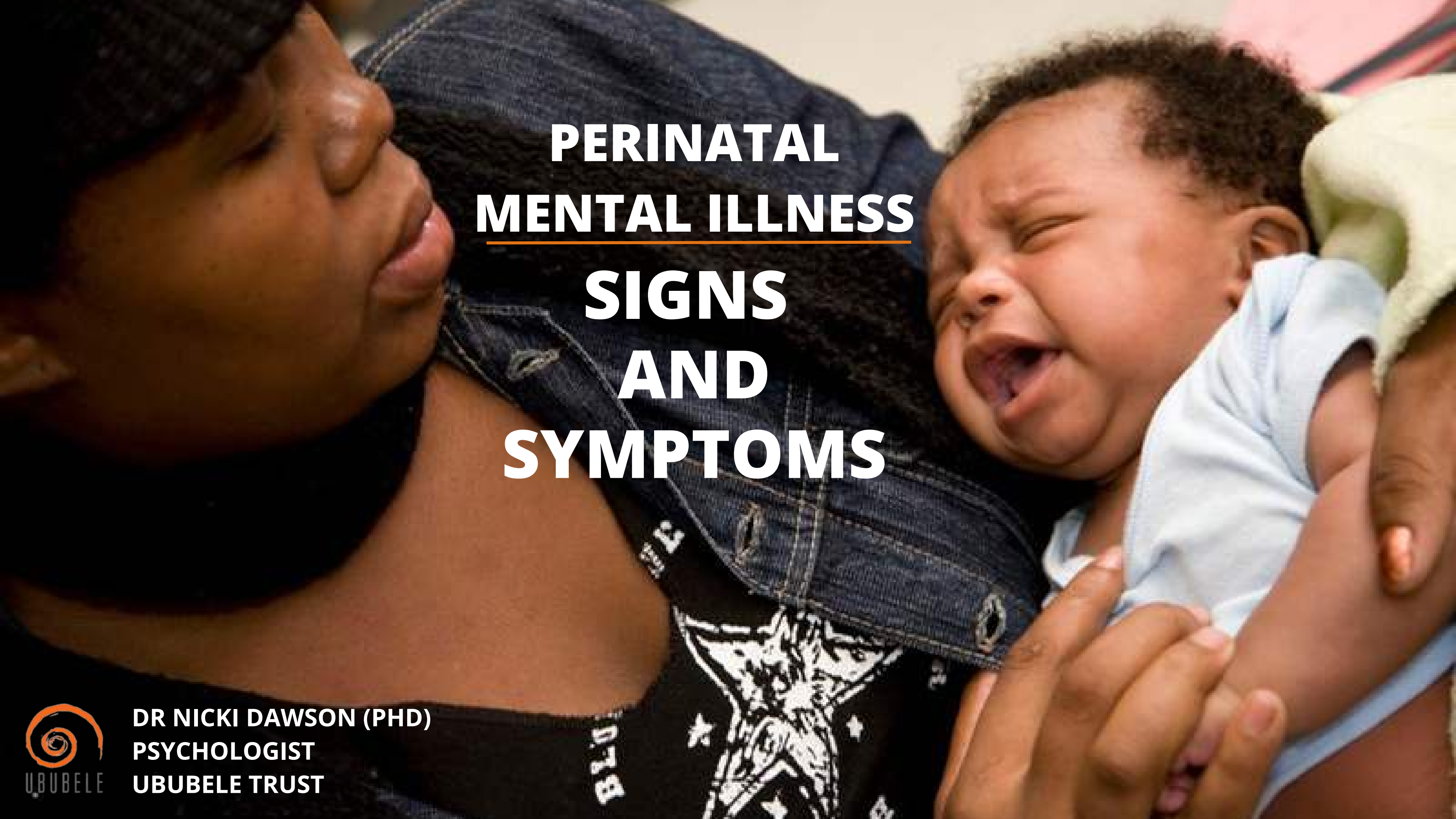


A close-up photograph of a woman with dark skin and short hair, wearing a denim jacket over a black t-shirt with a graphic. She is holding a baby who is crying. The woman's face is partially visible on the left, looking down at the baby. The baby is on the right, wearing a light blue shirt, with its mouth open in a cry. The background is blurred.

PERINATAL MENTAL ILLNESS

SIGNS AND SYMPTOMS



DR NICKI DAWSON (PHD)
PSYCHOLOGIST
UBUBELE TRUST



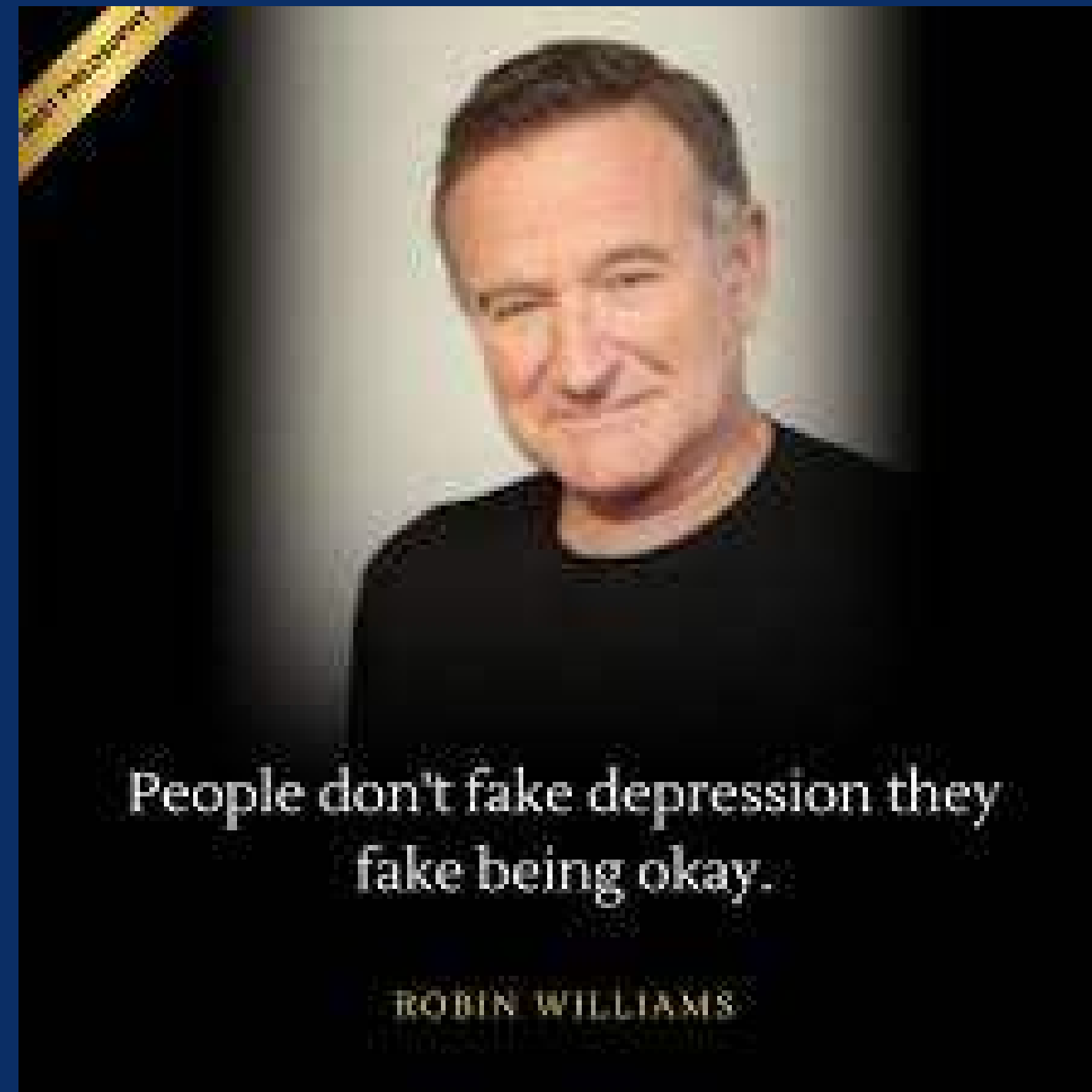
Ububele
- an Nguni
word for
kindness

PARENT-INFANT PROGRAMME



**A DIFFICULT
TASK...?**

THE SIGNS AREN'T ALWAYS OBVIOUS...

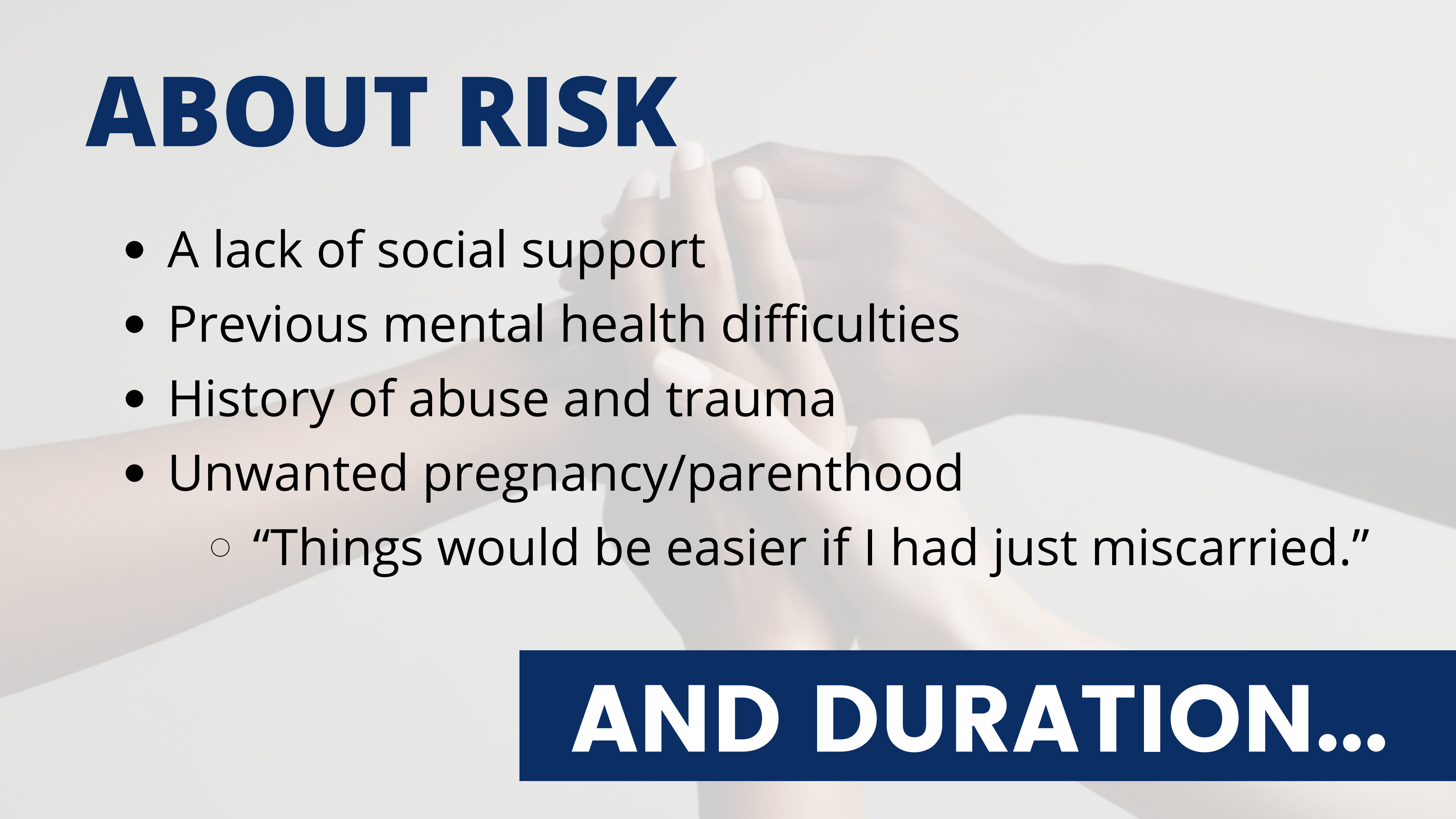


NEW MOM/DEPRESSED MOM?

Reduced energy	Extreme tiredness
Loss of interests	Irritability
Forgetfulness, difficulty concentrating	Bodily aches and pains
Disturbed appetite or sleep	Loss of sex drive
Feelings of guilt	Low self esteem

**BUT SOME
THINGS CAN
HELP US...**

ABOUT RISK



- A lack of social support
- Previous mental health difficulties
- History of abuse and trauma
- Unwanted pregnancy/parenthood
 - “Things would be easier if I had just miscarried.”

AND DURATION...

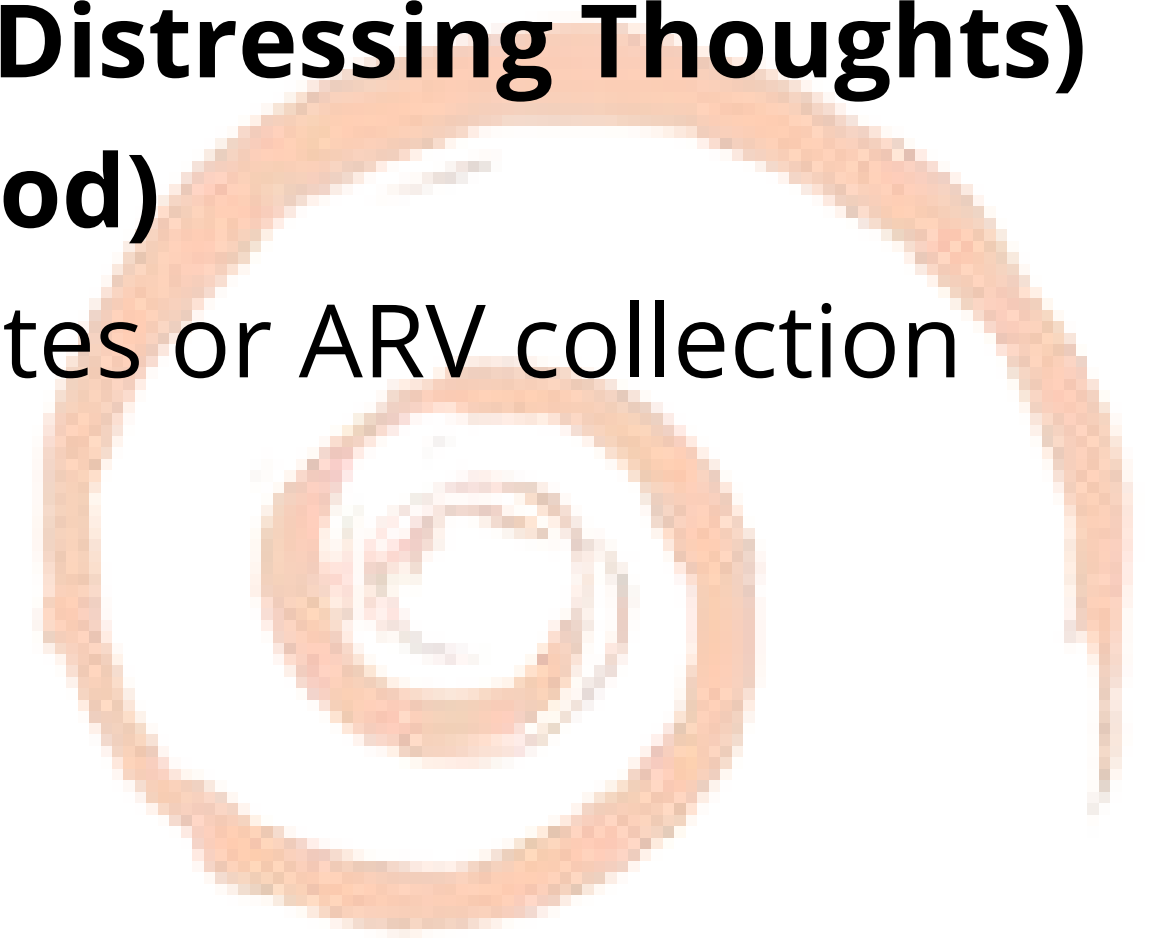
AND IMPACT...

- Work functioning:
 - *"I've really not been getting along with my colleagues lately. It's so bad, I'm having a disciplinary hearing on Monday."*
- Relationships (resulting in relationship breakdowns)
- Safety issues
 - *"I feel terrible. I forgot/left her in the house the other day."*
- Personal distress
 - *"I can't do this anymore."*



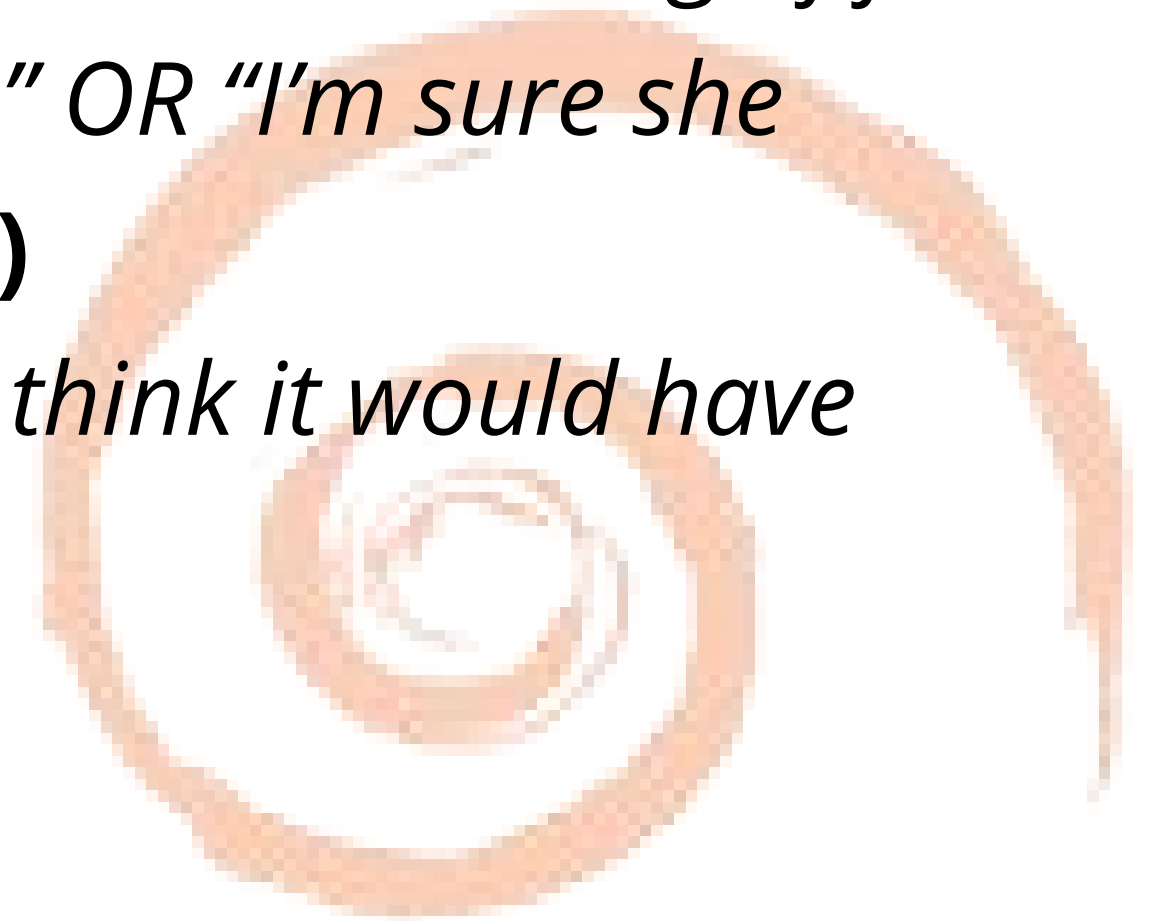
SOME UBUBELE EXPERIENCES...

- Lack of reaction to infidelity or trauma: *"It's fine. I accept."* (**Low Mood**)
- *"I don't talk to anyone."* (**Low Mood; Loss of Interest**)
- *"I've been thinking too much."* (**Anxious Mood; Distressing Thoughts**)
- The mom who kept consulting... (**Anxious Mood**)
- Forgets or is disinterested in immunization dates or ARV collection dates (**Forgetfulness; Loss of Interest**)



SOME UBUBELE EXPERIENCES...

- Exhausted but spending nights doomscrolling when the baby is asleep (**Disturbed sleep; Distressing thoughts**)
- *“She cries so much, and I don’t know how to help her. I’m thinking of just taking her to my mother. She can calm her down.” OR “I’m sure she wishes you were her mother.”* (**Low self-esteem**)
- *“I nearly fell into the road yesterday. Sometimes I think it would have been a good thing if I had.”* (**Suicidal thoughts**)



SIGNS FROM THE BABY



Symptom

An Ububele Sign...

Irritability

The caregiver getting really angry at the baby for something small and normal that they did..

Eye contact avoidance

**Baby doesn't make eye contact with adults
Mom never makes eye contact with baby**

Flat mood in baby

A baby who never smiles or laughs; doesn't babble; isn't interested in things around them

Developmental delays

Baby isn't growing well, isn't reaching milestones, is failing to thrive*

A VERY URGENT WORRY... POST-PARTUM PSYCHOSIS

If mom doesn't know **WHEN** it is, **WHERE** she is, or **WHO** she is...

OR

Is hearing voices or seeing things that are not there...

She **URGENTLY** needs to go to the hospital.

I'M WORRIED, WHAT NOW?

A support system is crucial for prevention and as a solution...

"What practical things can I do to help make the load lighter?"

"Want to go for a walk in the park together on Saturday?"

"Would it help if..."

- *I checked in again"*
- *We organised to do something together"*



I'M WORRIED, WHAT NOW?

Share your CALM nervous system...

*"You've been on my mind, and I just
wanted to check in..."*

Social interaction without mental
load...

A gentle referral or resource link...





THANK YOU!

CONTACT US



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