Meet Lucy who had depression after the birth of her daughter Iris

Lucy began to feel low in mood towards the end of her pregnancy which became worse after Iris was born. She had felt depressed for about six months. She felt helpless and hopeless about the future and had lost all interest and pleasure in things. She had to force herself to eat and take care of herself for Iris. Her husband Tim was worried about her, but even when he took care of Iris Lucy found it difficult to sleep and switch off. Lucy was in a vicious circle of depression. She used an evidence based approach called Cognitive Behavioural Therapy (CBT) to successfully help with her difficulties.