



THE COUNSELLING CENTRE FOR THE PREVENTION AND TREATMENT OF DEPRESSION IN PREGNANCY AND POST- PARTUM

Becoming parents is a process that offers strong emotions and positive moods but also worries and fears one might need to **share in order to overcome the** accompanying **difficulties and agitation**.

In particular, during pregnancy and the first year of life of a child, you might happen to feel anxiety and worry, to entertain sad thoughts that last for most of the days, have troubled sleep and loss of appetite, or feel extremely tired.

They might be **warning signs** of a malaise **you should preferably discuss with someone immediately**.

Who to contact

In Tuscany, there is a **counselling centre over the phone** fully dedicated to mothers and to those people, partners, family members, professionals and health workers, who can help them **deal more calmly with the birth of a child** and his first months of life.

What is offered by the service

The main purpose is to **promote the psychophysical well-being of women during pregnancy and the first year of the baby's life**, thanks to an immediate interaction with psychotherapist psychologists who can help decipher the discomfort or malaise experienced in this period of change in one's life.

Information can be obtained on how to gain easier access to the network of services of Tuscanian health authorities dedicated to the health of women and couples, the promotion of psychophysical well-being during pregnancy and in the puerperium, and the prevention and early management of perinatal distress, states of anxiety or depression in the course of pregnancy and in the puerperium.

The service

- provides accurate, updated and personalised information on healthcare programs connected to pregnancy and birth;
- offers a space for counselling and support in times of crisis;
- facilitates the identification of the real problem and suggests possible solutions;
- helps to make decisions or implement behavioural changes to overcome the discomfort experienced;
- facilitates communication between the Regional Health System (SSR) professionals and health workers, both at company and inter-company level.

How to access the service

By calling **0554383001**, Monday to Friday, from 9:00 to 18:00