



BECOMING A MOTHER

MOOD SWINGS
AND A SENSE OF
INADEQUACY
CAN BE
OVERCOME



SALUTE LAZIO
SISTEMA SANITARIO REGIONALE



**REGIONE
LAZIO**

IT'S NORMAL TO THINK THAT A NEW MOTHER MUST BE HAPPY ALL THE TIME BUT IN SOME CASES IT'S NOT LIKE THAT. EVERY WOMAN HAS HER OWN STORY OF PREGNANCY AND BIRTH AND MAY NEED SOME TIME TO ADAPT TO MATERNITY. IT CAN HAPPEN THAT CERTAIN NEW MOTHERS EXPERIENCE MATERNITY WITH A SENSE OF INADEQUACY OR FEEL SAD FOR NO REASON, IRRITABLE, TEARFUL DURING THE IMPORTANT NEW EXPERIENCE OF MATERNITY. THESE SENSATIONS CAN OCCASIONALLY TURN INTO DEPRESSIVE FORMS (POST-NATAL DEPRESSION). IN THESE CASES IT'S IMPORTANT NOT TO ISOLATE YOURSELF AND NOT TO UNDERESTIMATE THE FIRST SIGNS OF ANXIETY BUT TO TAKE PART IN SUPPORT GROUPS WITH OTHER MOTHERS, ALSO AT A FAMILY ADVICE BUREAU OR TO TURN TO A PROFESSIONAL YOU TRUST. THIS LEAFLET SHOWS THE ASL CLINIC TO CONTACT OR THAT CAN POINT YOU TO OTHER ASL CLINICS THAT GUARANTEE, FREE, ANONYMOUS DIRECT ACCESS (WITHOUT ANY COMMITMENT) TO SUPPORT YOU AND HELP YOU COPE WITH ANY DIFFICULTIES.

ASL RM A
Family Advice Bureau
Centro Sant'Anna (II floor)
Via Garigliano, 87
tel +39 06 77302661

ASL RM B
Family Advice Bureau of Pietralata
Via di Pietralata, 497 - **tel +39 06 41435408**
percorso.nascita@aslromab.it
SOS Mamma **tel +39 331 6694889**
(Mon-Sun 8.00am-8.00pm)

ASL RM C
Family Advice Bureau
of Via Iberia, 73
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ASL RM D
Family Advice Bureau of Bravetta
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ASL RM E
Family Advice Bureau
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ASL RM F
Family Advice Bureau of Bracciano
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ASL RM G
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of Guidonia
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ASL RM H
Family Advice Bureau
of Velletri
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ASL FROSINONE
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ASL LATINA
Family Advice Bureau of Aprilia
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ASL RIETI
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