

Case Study 2 – Natasha and Tom

Natasha, a 30 year old teacher, is in a stable relationship with Tom (an IT manager) -they have been married for 3 years and had their first baby Audrey 3 months ago after a planned pregnancy. She is currently taking 12 months maternity leave. Tom had parental leave and is well engaged with Audrey. They live in their own unit. Audrey is developing well after some initial breastfeeding problems; she is putting on weight appropriately and has had some sleeping problems which were discussed at her MCHN visits. Initial home visit went well with both parents present and excited about their first child. Tom is involved and supportive.

Natasha discloses at a medical appointment when Audrey is 4 weeks old that she constantly feels sad and tearful. She can't understand why. She says she should feel happy and contented all the time because she wanted this baby so much. She says Audrey is "a full time job", and "creates endless work", and feels hopeless and occasionally feels like it is "all too much". She says that the last 12 months have been difficult. Her mother has been diagnosed and treated for breast cancer, she has been pregnant, given birth, and left a job she really enjoyed. She yearns for the return of her life before Audrey was born.



Natasha feels that she has quite a few people on whom she can call for practical and emotional support. However, she misses working and is not used to asking for help, and acknowledges that she has not really used the support that is available. Natasha consents to Depression Screening and Psychosocial Assessment with her maternal and child health nurse. EPDS Total score is 17 (Q10=1).

Past History of depression

Natasha had one episode of depression/anxiety in her teenage years after her parents' separation, moving house and school. Resolved after seeing school counsellor; no medication was required.

Family History of Mental Health problems

Mother had depression when Natasha was growing up.

Alcohol or Drug Use

No current or history of alcohol or drug use for Natasha or Tom.

Practical and Emotional Support

Potentially available but not used