

Balfour praises local organisation for speaking out about post natal depression

Jeremy Balfour MSP praises local groups supporting sufferers of postnatal depression

In a debate held in the Scottish Parliament on Thursday, Jeremy Balfour MSP, spoke about families battling postnatal depression (PND) and praised local organisation Juno for the work that they do in supporting these families.

Mr Balfour explained that postnatal depression is a common health issue, with 1 in 10 women experiencing it within a year of giving birth. It has also been discovered that a similar level of fathers suffer from the illness.

Mr Balfour shared his family's experience with postnatal depression relating that his wife suffered from it after the birth of their twins eight years ago.

The Lothian MSP mentioned self-help groups as the greatest source of help for his family during that time.

He highlighted the work of Lothian group Juno, an organisation set up in 2015 by mothers who had experienced PND to support other women going through similar struggles.

He continued : "I am glad that postnatal depression is becoming less of a taboo subject. People are speaking out and seeking the help that they need, and we are now able to see just how widespread a health issue it is.

"I want to thank Juno and the other organisations that are

raising awareness of these health problems and walking alongside those who are struggling because of them.

“It is vitally important that the parliament provides funding for smaller organisation like Juno who support and improve the lives of local people suffering from mental health issues.”



Jeremy Balfour MSP