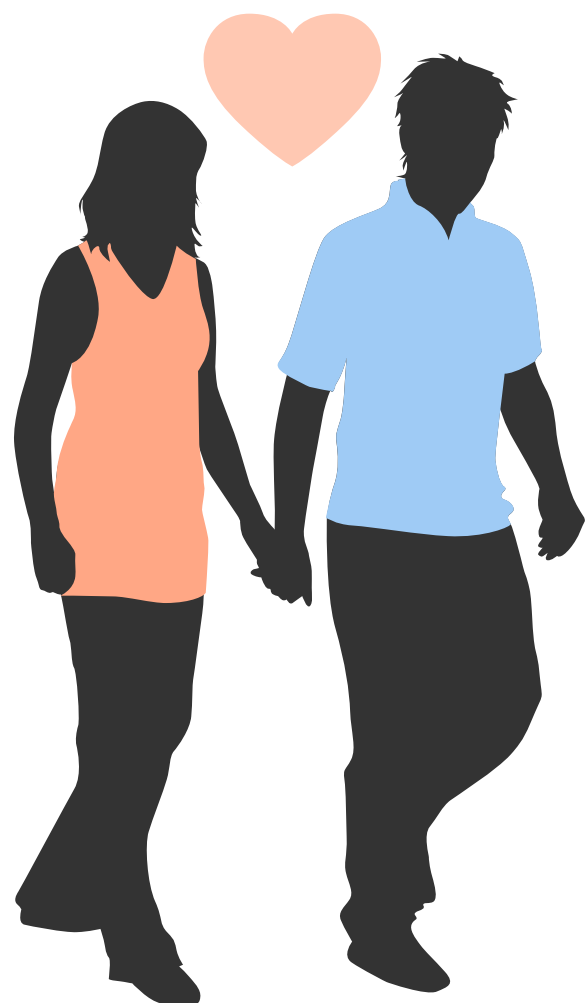


# Looking after your mental health

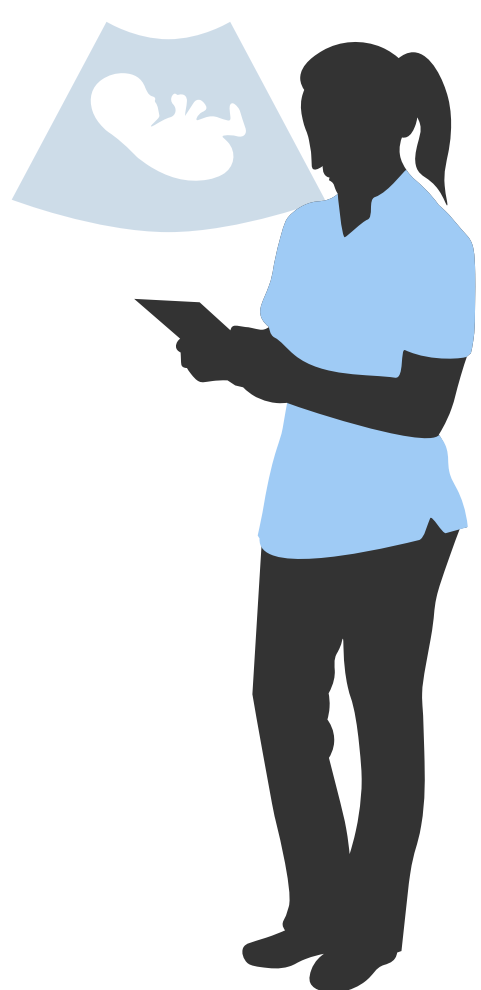


Week 0

## Planning a pregnancy

### Planning a pregnancy advice

If you and your partner are thinking of having a baby and you have a current or previous mental health problem such as bipolar affective disorder, severe depression, psychosis or severe postnatal mental illness, you can be seen by the Perinatal Mental Health Team. We can support you to stay as well as possible by arranging a pre-conception appointment. During this appointment you will find out about how pregnancy may affect your mental health, get information about medication in pregnancy and make sure you are as well as possible before you get pregnant

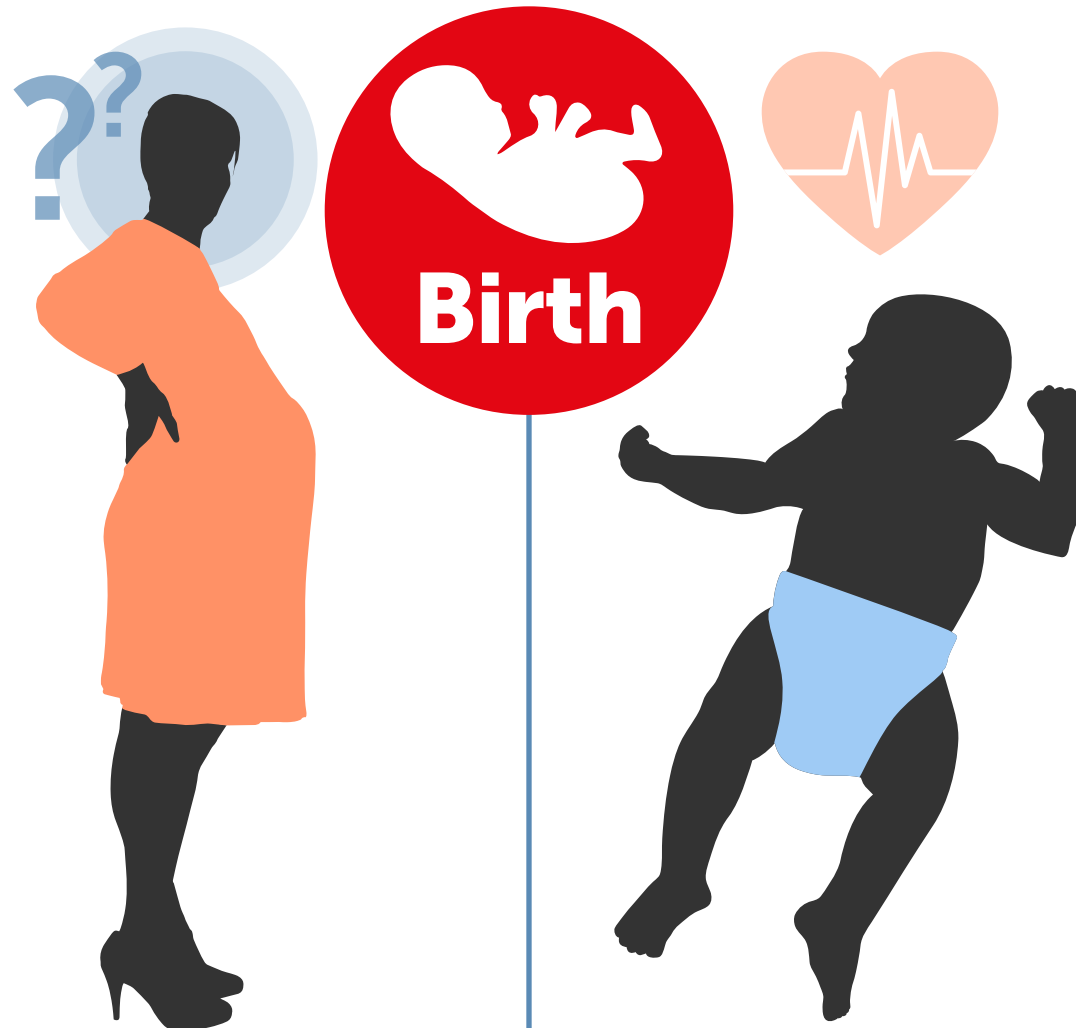


Week 28

## Midwife booking

### Midwife booking

Make an appointment to meet your midwife as soon as you can. They will ask you questions about mental health. Answer these questions as truthfully as you can. You will be told about help and support for you and your partner. Don't worry - you will not be referred to social services just because you have a mental problem.



Birth

## Antenatal checks

### Birth plan

Your midwife will ask you about your mental health, as she knows it is low mood and anxiety at this time and wants to support you.

If you had a difficult birth previously, and feel anxious about the birth of this baby tell your midwife. She may refer for extra support.

## Newborn baby

### Postnatal assessment by your health visitor and midwife

If your mental health has changed in these two weeks since you gave birth, extra help and support is available. Tell us if you're struggling.

## Postnatal checks

### Postnatal assessment by your health GP

If you are feeling low, very anxious, fearful, having unwanted thoughts or having trouble sleeping even when your baby is sleeping, talk to your health professional.

+1 +2 +3 +4 +5 +6

## Your mental health

If your mental health is affecting your life, work and/or relationships talk to a health professional such as your GP, midwife or health visitor.

Help on offer includes:

- Listening and support
- Peer support
- Parenting support

Talking treatments you can self-refer to Back on Track/NHS Talking Therapies

Phone: 0300 123 1156

Scan the QR code:



A referral to the H&F Perinatal Mental Health Team, you can also self-refer

Phone: 020 3313 3033

Scan the QR code:

