PERINATAL POSITIVITY
Looking after your MENTAL WELLBEING...
...through pregnancy and beyond

Be kind to Yourself.

BE PREPARED
(Educate yourself and others) ★ IMPORTANT

IT'S OK TO NOT BE OK!

REMEMBER
You are not the only one

get help! ★ TAKE help!

Quotes and letterpress printing by people with past experience of maternal mental ill health.
Mental wellbeing issues in pregnancy and early parenthood are common and affect many new mums and dads. They can affect people with no history of mental health problems as well as those who have.

Find the support you need as soon as you can.

Everyone is different, so try to find what’s right for you. We asked people with experience of perinatal mental health problems what helped them, and they said:

- Tell someone you trust - this could be family, friends or a health professional. You may have to try more than one person.
- Join a support group to connect with others who are struggling.
- Be the best parent you can - don’t try to do too much.
- Look after yourself - think about what makes you feel good e.g. exercise, art, time alone, seeing friends.
- Accept help if offered and ask for it if you feel you can.
- Don’t be afraid to ask your GP, midwife or health visitor about getting the right sort of help, from medication to counselling or help bonding with your baby.

Local support

UK support

Mind
for better mental health
0300 123 3393

APNI
Association for Post Natal Illness
0207 386 0868

baccp
baccp.co.uk/search/Therapists

Samaritans
116 123
pndandme.co.uk
#PNDhour

www.PerinatalPositivity.org