

# 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!

# Be honest with yourself and others

## keep talking

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

  
for better mental health  
0300 123 3393

**APNI**  
Association for Post Natal Illness  
0207 386 0868

**bacp** | counselling  
changes lives  
bacp.co.uk  
/search/Therapists

**SAMARITANS**

 **116 123**

pndandme.co.uk  
#PNDhour