

Perinatal mental health problems are those which occur during pregnancy or in the first year following the birth of your baby. Perinatal mental health is an umbrella term that covers a range of conditions such as antenatal/postnatal Depression or Anxiety, Obsessive Compulsive Disorder (OCD), Post-Traumatic Stress Disorder (PTSD), and Postpartum Psychosis.

Depression and anxiety are the most common disorders, and approximately 10-20% of women and up to 10% of fathers or partners, will experience a perinatal mental health problem. It's important to remember that these conditions are very treatable and it's important to seek help early.

Without appropriate treatment, the negative impact of mental health problems during the perinatal period is enormous and can have long-lasting consequences on not only women, but their partners and children as well.

There are Perinatal Mental Health teams being established in each of the 5 HSC Trusts, so if you have any concerns, speak to your Midwife or obstetrician during your appointment to ensure you get the support you need.

For further information, please visit the resources below;

- [Aware – Mood Matters Parent and Baby](#)
- [Aware – Guide to looking after the mental health of you and your baby](#)
- [Sources of help for fathers – Fatherhood Institute](#)
- [National Childbirth Trust – Life as a parent](#)

Perinatal mental health services available across HSC Trusts and regionally can be accessed below:

[Perinatal mental health services](#)

Having a child is a big life event, and it's natural to experience a range of emotions and reactions during and after your pregnancy. But if these emotions start to have a negative impact on your daily life, you might be experiencing a perinatal mental health problem. If this happens to you there is help available.

You can [download a leaflet here](#) or a list of community and voluntary services is below:

Belfast Trust

- Maternal Advocacy & Support Project (Mas)
- www.wrda.net/projects/maternal-advocacy-and-support-project
- Windsor Women's Centre Mas - 02890 235451 windsorwomenscentre.com/
- Falls Women's Centre Mas - 02890 327672 www.fallswomenscentre.org/
- Ballybeen Women's Centre Mas - 02890 481632
www.ballybeenwomenscentre.org/
- Ballybeen Women's Centre Young Mums Mas (age 16-25)
- The Parent Rooms - 0289538 0404 hello@theparentrooms.co.uk
- www.theparentrooms.co.uk/

South Eastern Trust

- Atlas Centre Mas www.atlaswomenscentre.co.uk/
- 02892 605806
- Atlas Centre, Young Mums Mas (age 16-25)

Northern Trust

- Mums the Word - Glenravel Community Hub mumstheword2024@hotmail.com
- (affiliated with Mas)
- Dads Voice
028 25648229
info@turningpointni.co.uk

Southern Trust

- Centred Soul, Newry info@centredsoul.co.uk
- www.centredsoul.co.uk/
- Chrysalis Women's Centre, Mas 028 82622177 (affiliated with Mas)
- Homestart Newry & Mourne, 028 3026 6139 (affiliated with Mas)
- Recovery college SHSCT
- <https://southerntrust.hscni.net/service/support-and-recovery/>
- <https://mymentalhealthrecovery.com/>

- SHSCT self-help guides
<https://selfhelp.cntw.nhs.uk/organisation/southern-health-and-social-care-trust>
<https://verve-network.co.uk/> Verve SHSCT
www.stepni.org/ STEP Dungannon
<https://viawings.co.uk/> community support for social isolated/ counselling and wellbeing services

Western Trust

- Women Centre Derry, Mas - 028 71267672 www.thewomenscentre.co.uk/
- Strathfoyle Women's Activity Group, Mas - 028 71860733
- Minding Mum, Waterside
- Christine McBride
- Minding Mum Project Administrator
 Waterside Neighbourhood Partnership
 Shared Future Centre
 Derry Londonderry
 BT4 72D
 T:02871342959
- Minding Mammy Mental Health Programme, Derry Well Women - 028 71360777 www.derrywellwoman.org/
- Support2gether, Omagh <https://support2gether.com/>
 028 8262217
- Mindwise Mums Wellness Project - Enniskillen
 Fermanagh House, Broadmeadow Place, Enniskillen, Co Fermanagh, BT74 7HR
 Rosie Keaney
 Wellness Development Manager
 07773 220818
Rosie.keaney@mindwisenv.org

Regional

- www.links counselling.com/ Links counselling service (Northern & Western HSC Trust Areas)
- www.app-network.org/ Action on Postpartum psychosis. There is a monthly online peer support group; email: app@app-network.org or reserve your place here.
- <https://aware-ni.org/> AWARE NI

- www.cause.org.uk/ Cause carers support
- www.birthwise.org.uk/
- <https://cypsp.hscni.net/family-support-hubs/> Family support hubs
- <https://cypsp.hscni.net/ebpp/> CYPSP parent support
- www.nidirect.gov.uk/articles/sure-start-services
- www.home-start.org.uk/pages/category/home-start-northern-ireland
- <https://baby-basics.org.uk/locations> practical support for baby and toddler items.
- **[Perinatal Mental Health Symptom Checker](#)** - a resource designed to help new and expectant parents, and those around them, identify the signs of common and lesser-known perinatal mental health conditions.
- **[MMHA Information Centre](#)** - online hub for parents, families, and friends which offers:
 - Clear, reliable information about perinatal mental health
 - Bitesize videos from Tessa van der Vord (@**mentalhealth_midwife**)
 - Signposting to NHS and MMHA member support services.

All content has been developed with invaluable input from women with lived experience and clinical experts.

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