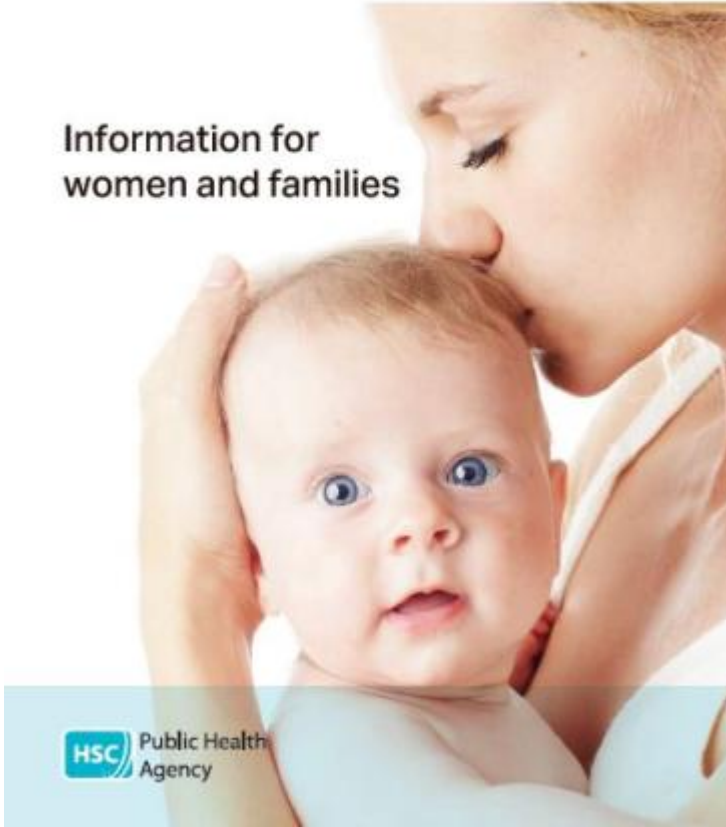


## Perinatal mental health

Information for  
women and families



HSC Public Health  
Agency

# Perinatal mental health: Information for women and families

This leaflet discusses the help available to women who experience a mental health problem in the perinatal period, the name given to the period during pregnancy and up to one year after birth.

Around one in five women will experience a mental health problem during the perinatal period.

A wallet card with a link to perinatal mental services is also available.

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## Details

Format

12 page A5

Target group

Pregnant women

## Downloads

Attachment	Size
<a href="#">Perinatal mental health: Information for women and families A5 booklet (May 2025)</a>	598.17 KB
<a href="#">Perinatal mental health: Information for women and families, wallet card (March 2026)</a>	92.15 KB

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