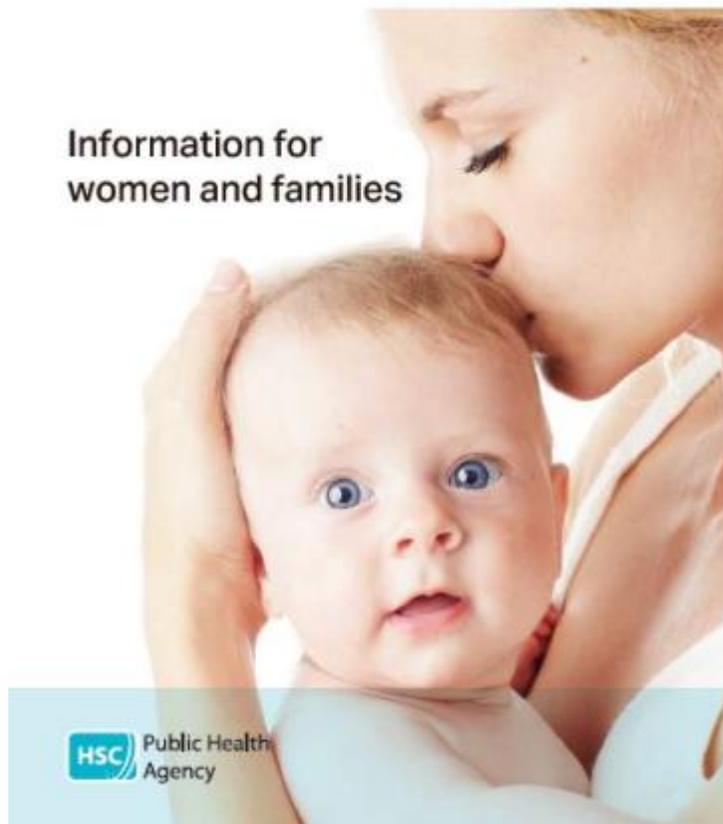


Friday, 06 March 2026

[Health and Social Wellbeing Improvement](#)

Perinatal mental health



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.

Details

Format

12 page A5

Target group

Pregnant women

Downloads

Attachment	Size
Perinatal mental health: Information for women and families A5 booklet (May 2025)	598.17 KB
Perinatal mental health: Information for women and families, wallet card (March 2026)	92.15 KB

Tags

- [mental infant health](#)

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