

Parental (postnatal) mental health

Looking after your mental health is just as important as looking after your physical health. Find information, support and practical advice to help you and your family thrive during pregnancy and early parenthood.

What is parental mental health and wellbeing?

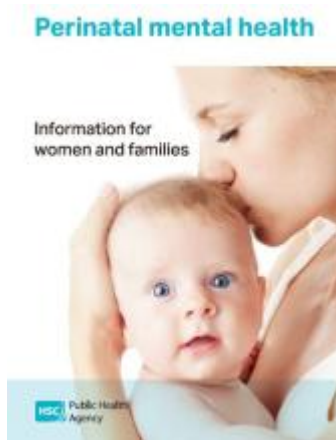
Becoming a parent brings many changes, and it is normal to experience a range of emotions during pregnancy and after your baby is born. Looking after your mental health is an important part of looking after yourself and your family.

Mental wellbeing in pregnancy

Find information and support to help look after your mental health and wellbeing during pregnancy and after your baby is born. Learn about common perinatal mental health conditions, when to seek help and the support and services available in Northern Ireland.

[Find out more about mental wellbeing in pregnancy](#)

PHA publication



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.

Last reviewed
05 October 2026

For professionals

- [Regional Perinatal Mental Health Care Pathway | HSC Public Health Agency](#)
- Perinatal Mental Health Resources and Training (PHA)