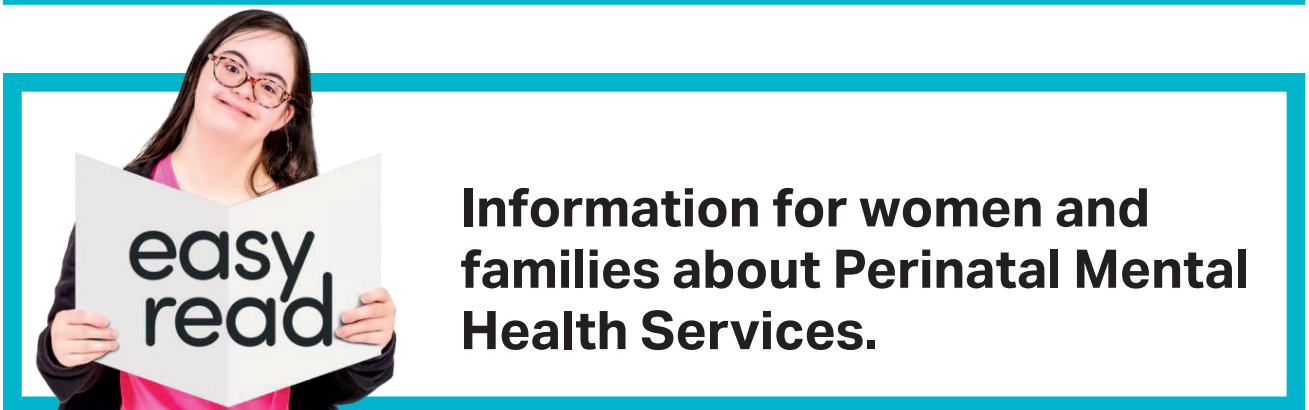


# Perinatal Mental Health



**Information for women and families about Perinatal Mental Health Services.**

### Perinatal Mental Health



**Perinatal Mental Health Services** are teams that give special care to women who have a mental illness or who might get a mental illness during pregnancy or after having a baby.



Having a baby is a big life event.



When you are pregnant and after you give birth to your baby, it is normal to feel different emotions. You might feel happy, sad, love, fear, anger or hatred.



But if these feelings are making it hard to live your life every day, it is a good idea to ask for help.



You might be having a **Perinatal Mental Health problem.**

# Perinatal mental health problem



A perinatal mental health problem can happen to anyone. You can get help.



Sometimes this can be very serious.



A woman may find it hard to look after herself and her baby.



She may find it difficult to connect, understand and do what her baby needs.



**The Perinatal Period** is when you are pregnant and the first year after your baby is born



Any women can develop a **mental health problem** during the perinatal period.



Mental health is about how we think, feel, and act. It becomes a **problem** when it affects how we cope with life and how we feel.



These might be new emotions or you may have felt them before.



It is really important to talk to someone you trust about your feelings during this time.

# Getting help and support



Ask your GP, a health visitor or midwife for help and they will support you with the best care for you and your family.



You can get help with your thoughts, feelings, and behaviour. This is called **psychological** or **social support**.



This help can also include being given medication.



A health professional might ask the perinatal mental health team to help you.



The Perinatal Mental Health Team are health professionals who have special training to support you.



Asking for help early is really important for you and your family.



The perinatal mental health team will work to support both you and your family.



It is really important to talk to someone you trust about your feelings during this time.

# Information and consent



Health services keep information to help give safe and proper care.



Any personal information will only be shared to keep you and your child safe. It will only be shared with your **consent**. This means you have agreed to share this information.



You can find information on community and voluntary groups that support women with perinatal mental health problems on this website:

[www.publichealth.hscni.net/perinatal-mental-health-services](http://www.publichealth.hscni.net/perinatal-mental-health-services)



Or you can find information by scanning this QR code.