

Emotional wellbeing during pregnancy and after birth

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

During Pregnancy

It is normal to sometimes feel down and more anxious when you are pregnant or as a new mother, but if you find you are feeling low more than you are feeling happy or are overly anxious, you need to talk with someone.

How do I feel.....



Just as your body goes through many physical changes during pregnancy so do your mind, thoughts and emotions. It is very normal to experience mixed emotions, such as joy, excitement, and crying, feeling sad or worried while you are pregnant.

Pregnancy hormones such as oestrogen and progesterone contribute these mixed emotional highs and lows that you may experience, particularly in the first three months following confirmation of your pregnancy. It is important to look after your emotional well-being during pregnancy.

After birth



Having a baby is a life-changing experience. It is physically challenging but also deeply emotional. Many new parents will feel joy and happiness but perhaps also worried and nervous about the responsibility of having a newborn to look after.

Sharing your feelings - and how you are coping with parenthood - can be daunting but also helpful. Try talking to your partner, friends and family about your emotions after birth. You might also find it reassuring to talk to other new parents who will be experiencing many of the same emotions and challenges that you are.

Having a baby may not be the happy time you were expecting. Many pregnant or new parents need advice and support if they are feeling low. It is important to seek help when you need it.

You can speak to:

- Your GP, midwife or health visitor
- Specialist Perinatal Midwife – 0151 430 1685
- Self-refer to psychological therapies:
 - St Helens, NHS Talking Therapies 01744 415 650
 - Knowsley, NHS Talking Therapies 0151 351 8890

Both of the above services are also available online.

- Self-refer to secondary care mental health services:
 - St Helens Assessment and Home Treatment Team 01744 415 625 (24 hours)
 - Knowsley Assessment and Home Treatment Team 0151 351 8600 (8am – 8pm)
 - Halton Assessment and Home Treatment Team 01925 664 000.
- Crisis Line
 - Knowsley / St Helens / Halton 0800 051 1508
 - Liverpool 0800 145 6570.

For out of hours support please call NHS 111 or access the mental health out of hours service at any Accident and Emergency Department.

Or you can visit:

- www.maternalmentalhealthalliance.org
- www.pandasfoundation.org.uk
- www.nct.org.uk
- www.cmperinatal.nhs.uk
- <https://www.tommys.org/pregnancy-information/im-pregnant/mental-health-during-and-afterpregnancy>



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