

PERINATAL MENTAL HEALTH

Perinatal mental health problems are those which occur during pregnancy or in the two years after the birth of a child. Perinatal mental illness:



Affects around one in four new and expectant mothers

- Covers a wide range of conditions, requiring different kinds of care or treatment.

- Can include mental illness existing before pregnancy, as well as illnesses that develop for the first time, or are greatly exacerbated in the perinatal period.

- If left untreated, mental health issues can have significant negative and long-lasting effects on the woman, the child, and the wider family.

- There are a wide selection of support services in the local area. All services have a duty of care, to listen, be non-judgemental and work together to offer the right care.

MY THOUGHTS AND FEELINGS
DON'T FEEL NORMAL

WHY DO I FEEL THIS WAY?

I FEEL SO ALONE

I SHOULD BE HAPPY

WHO CAN I TALK TO?

WHO WILL LISTEN AND SUPPORT ME?

IS THERE SOMEONE I CAN TALK TO WHO
WILL LISTEN AND UNDERSTAND HOW I FEEL?

FAMILY AND FRIENDS

(Partner, friends, parents, etc.)

Family and Friends can offer support and comfort in both times of joy and distress. Having supportive relationships is a strong protective factor against mental illnesses and helps to increase our mental well-being.

PRIMARY CARE

(GP, Midwife, Health Visitor, etc.)

Primary Care services provide the first point of contact in the healthcare system, acting as the 'front door' of the NHS. Anyone can access these services themselves.

SECONDARY CARE

(Pregnancy Assessment Unit, maternity ward, specialist services, Perinatal team)

Secondary Care Services can be based in a hospital or clinic and they may also be community based. These services will usually require a referral from primary care services.



Tees, Esk and Wear Valleys
NHS Foundation Trust

