

# How are YOU?!



**Pregnancy & early parenthood can have a huge impact on your mood & mental wellbeing & may cause you to become unwell.**

These concerns can range from mild to moderate anxiety and/or low mood, through to more serious and debilitating conditions, affecting your every day life. And impacting your ability to function.

## You are not alone

**Around 1 in 5 women experience mental health concerns in pregnancy & the 1st year of parenthood.**



If you are suffering it is really important to reach out so that you can access support to feel well. You can do this without fear of being judged. Services are there to support you so that you can enjoy this precious time to the full.



## It's ok to ask for help

**There are a range of NHS services that are here to help. You can self-refer to My Wellbeing IAPT by calling 0300 555 5551**

Some people require specialist support, if you are unsure speak to your midwife, GP or health visitor. You can also self-refer to any of the support services on the reverse of this leaflet.

**If you are ever very concerned about yours or a loved one's mental health, please call 1st Response, crisis support available 24/7:**

**0800 952 1181**