

# **Maternal Mental Health**

After giving birth it is normal for women to experience a variety of emotions and feelings. For some women these feelings might be unexpected and different from how they thought they would feel. It is not uncommon to be tearful, anxious or a bit down in the first couple of weeks after birth. If these symptoms, or those listed below, last longer or start later than expected it is important to seek support. You should contact your Health Visitor or GP if you experience:

- Persistent low mood or sadness
- Difficulty bonding with baby
- Lack of energy
- Constant tiredness
- Loss of enjoyment and interest in the wider world
- Withdrawal from social contact
- Sleeping difficulties at night
- Problems concentrating and making decisions
- Frightening thoughts

## **Additional sources of advice and support**

- **Association for Post-Natal Illness**

<https://www.apni.org> - Tel: 0207 386 0868 (Helpline)

- **Action on Postpartum Psychosis**

[www.app-network.org](http://www.app-network.org) - Tel: 020 33229900 (General Enquiries & Information)

- **Mind**

<https://www.mind.org.uk> - Tel: 0300 123 3393 (Mind Infoline)

- **NCT (National Childbirth Trust)**

<https://www.nct.org.uk> - Tel: 0300 330 0700 (Helpline)

- **NHS**

<https://www.nhs.uk/Conditions/Post-natal-depression/>

- **NICE**

<https://www.nice.org.uk/guidance/cg192/ifp/chapter/About-this-information>

- **PANDAS Foundation UK (Pre and Post Natal Depression Advice and Support)**

<http://www.pandasfoundation.org.uk/how-we-can-help/> - Tel: 0843 28 98 401 (Helpline)

- **Understanding Childhood**

[www.understandingchildhood.net/our-leaflets/](http://www.understandingchildhood.net/our-leaflets/)