

# Emotional wellbeing during pregnancy and after birth

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in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式  
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Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

## 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 wellbeing 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're 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.
- Emotional Wellbeing Midwives – 0151 430 1685.
- Self-refer to psychological therapies:
  - St Helens, Mind Matters 01744 647 100.
  - Knowsley, IAPT (Improving Access to Psychological Therapies) 0151 676 5465
- Self-refer to secondary care mental health services:
  - St Helens Assessment and Home Treatment Team 01744 621 688.
  - Knowsley Assessment and Home Treatment Team 0151 676 5263.

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.mind.org.uk](http://www.mind.org.uk)
- [www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk)
- [www.nct.org.uk](http://www.nct.org.uk)
- [www.cmperinatal.nhs.uk](http://www.cmperinatal.nhs.uk)
- <https://www.tommys.org/pregnancy-information/im-pregnant/mental-health-during-and-afterpregnancy>

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