

Mental health During pregnancy and after birth

Did you know...?

- ✓ Your mental health changes as well as your physical health
- ✓ Emotional highs and lows can be normal
- ✓ It is important to look after your mental health – make sure you talk about how you are feeling
- ✓ Looking after your mental health is good for you and your baby
- ✓ If things are building up talk to your doctor, midwife or health visitor



For more information and support see – Ready Steady Baby! Or visit

www.nhsinform.scot/mental-health-in-pregnancy

www.nhsinform.scot/mental-health-after-birth