

Mental health

Your role in supporting families during pregnancy and after birth

Did you know...?

- ✓ Suicide is one of the leading causes of death during pregnancy and up to one year after
- ✓ Up to 1 in 5 women develop mental health difficulties in the perinatal period
- ✓ ALL new parents will experience ups and down in their mental health and wellbeing during the perinatal period
- ✓ Supporting women to look after their mental health in the perinatal period is important for them, their baby and family
- ✓ Building trusting relationships helps with discussions about mental health and ensures those in need of support receive it



Learn more about maternal mental health, visit

www.knowledge.scot.nhs.uk/maternalhealth/learning/maternal-mental-health.aspx

www.maternalmentalhealthscotland.org.uk