

# Mental health

## When your partner is having a baby

### Did you know...?

- ✓ Having a baby is a big life event and you and your partner will experience many changes during this time
- ✓ These changes can feel overwhelming
- ✓ It is important to talk about how you and your partner are feeling
- ✓ Sharing and discussing your feelings will help you to support each other
- ✓ If you or your partner feel things are building up talk to your doctor, midwife or health visitor

