

Perinatal mental health symptom checker

Signs you might need support for your mental health during or after pregnancy

Speak to your GP, midwife, or health visitor as soon as possible if you're experiencing any of the following:



Sudden, big, or constant changes in your mood or emotions



Thoughts or images about harming yourself or harm to your baby, especially if they are intense or violent



Feeling overwhelmed by guilt, shame or hopelessness

Struggling to bond with your baby or feeling detached from them



Finding it impossible to sleep or relax, even when your baby is sleeping



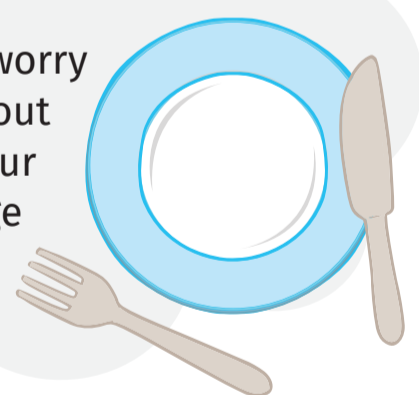
Thinking that you're not a good parent or your baby is better off without you



Seeing, hearing, or believing things that others don't



Frequent worry or fear about food or your body image



Remember: You know what's normal for you. If you don't feel right, speak to someone without delay. **Don't dismiss it as "baby blues".**

At least 1 in 5 will experience mental health problems around pregnancy. You are not alone. **Don't be afraid to ask for help.**



If you feel distressed or suicidal, visit your nearest A&E now



To read more about perinatal mental health scan this QR code or visit maternalmentalhealthalliance.org



Maternal Mental Health Alliance