

Self-help tips for postnatal emotional wellbeing:

- try to sleep when the baby sleeps to minimise tiredness
- spend as much time as you like cuddling and holding your baby - this has a soothing and calming effect
- accept help with the baby from friends and family (it's OK to take a break!)
- improve diet by eating healthy foods and drinking plenty of water
- light exercise, or just being outside in fresh air can enhance your mood
- socialise (at local baby groups or children centres) to meet other parents.



Specialist perinatal mental health services:

Some women will experience more complex and severe mental illness during their pregnancy or after the birth. There is specialist support and help available and your health care professional will advise you if this is recommended for you.

For more information visit:

- **PANDAS:** www.pandasfoundation.org.uk
- **Association of Postnatal Illness (APNI):** <https://apni.org>
- **National Childbirth Trust (NCT):**
www.nct.org.uk/parenting/emotions-and-mental-health
- **Birth Trauma Association (BTA):**
www.birthtraumaassociation.org.uk
- **Royal College of Psychiatry (RCPsych):**
www.rcpsych.ac.uk/healthadvice/problemsanddisorders.aspx
- **Best beginnings:** www.bestbeginnings.org.uk/out-of-the-blue
- **Institute of Health Visiting:** <https://ihv.org.uk/families/top-tips>