

13. Specialist support for pregnant women with anxiety and depression or any other mental health condition is available...

- ☐ I am aware of how to access mental health support if I need it whilst pregnant
- ☐ I am not sure/I would like to find out more

If you feel that you need some emotional support, you can refer yourself to your local talking therapies service. This is free and pregnant women are prioritised.

See: **www.LLTF4suffolk.com**

www.wellbeingnands.co.uk

www.maternalmentalhealthalliance.org

www.northessexiapt.nhs.uk

My thoughts, feelings and questions:

14. Emotions my partner, family and I should look out for include...

- Tearfulness
- feeling overwhelmed
- feeling irritable or arguing more often
- difficulty concentrating
- change in appetite
- problems sleeping or extreme energy
- racing thoughts
- feeling very anxious
- loss of interest in things I normally like
- being so afraid of birth that I don't want to go through with it
- having unpleasant thoughts that I can't control or keep coming back
- suicidal feelings or thoughts of self harm
- repeating actions or developing strict rituals
- lack of feeling towards my unborn baby

If you are worried by any of these feelings, talk to your midwife or doctor.

My thoughts, feelings and questions:
